

HEALING FROM DISEASE, DEPRESSION,
AND DAMAGED RELATIONSHIPS

THE LAW OF *Life*

Michelle came to me with an abdominal cancer that had spread and was resisting all conventional attempts to control it. She also came with emotional baggage from relationship traumas. As I shared with her the principles contained in *The Law of Life*, and as she applied those principles in her life, her cancer reversed. She gained the joy and hope that she had lost, and she had a greater appreciation of her purpose in life. Michelle's story is not an isolated case. I see my patients' relationships restoring, spiritual lives blossoming, and mental health improving when these principles are applied. And you can too. Read and re-read *The Law of Life* until you understand and apply it to your life. You won't regret it!



MARK SANDOVAL after graduating from the Loma Linda University School of Medicine specialized in emergency medicine, practicing nationally and internationally. He transitioned to a lifestyle medicine practice at Uchee Pines Institute in 2012 and later became one of the first 200 physicians in the world to become board certified in lifestyle medicine. He is a proud father and happy husband, as well as an educator, entrepreneur, consultant, administrator, international speaker, and now author.



Uchee Pines Institute
www.uchee-pines.org
1-877-824-3374



THE LAW OF LIFE

Mark Sandoval, M.D.



THE LAW OF *Life*



Mark Sandoval, M.D.

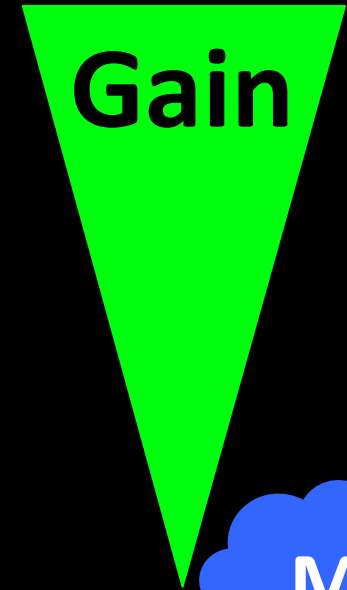
The Heart (Decisions)

The Heart (Decisions)



Me

The Heart (Decisions)



The Heart (Decisions)



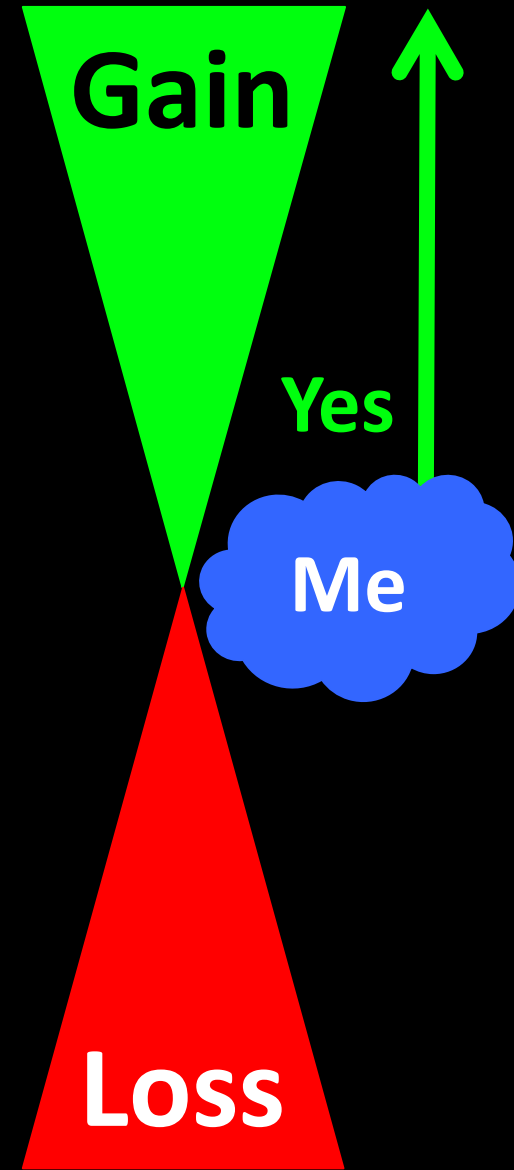
A diagram illustrating a seesaw or balance scale. It features two triangles meeting at a central point. The top triangle is green and labeled 'Gain'. The bottom triangle is red and labeled 'Loss'. A blue cloud-like shape labeled 'Me' is positioned to the right of the central pivot point, appearing to sit on the red 'Loss' triangle.

Gain

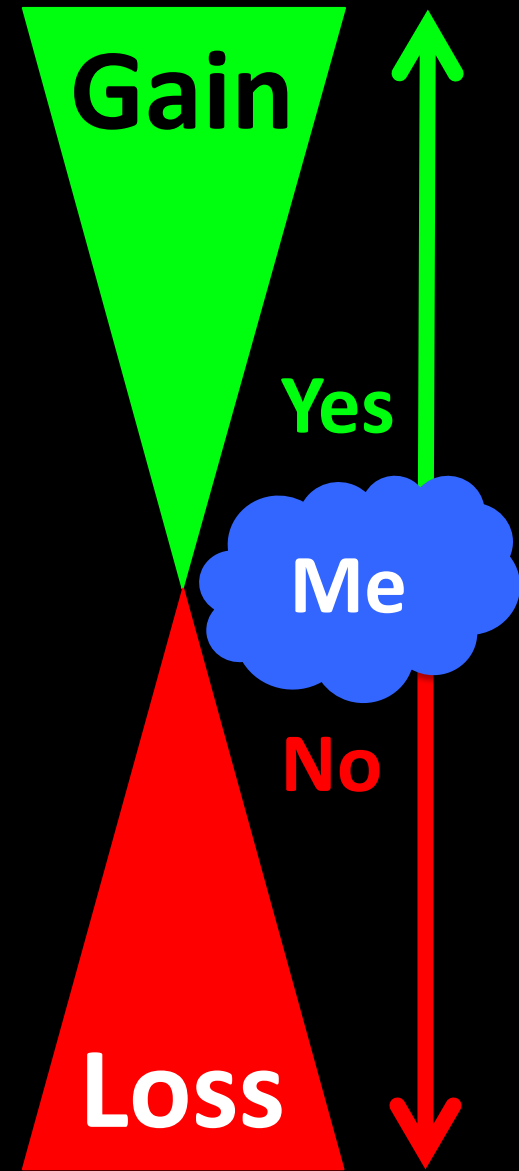
Me

Loss

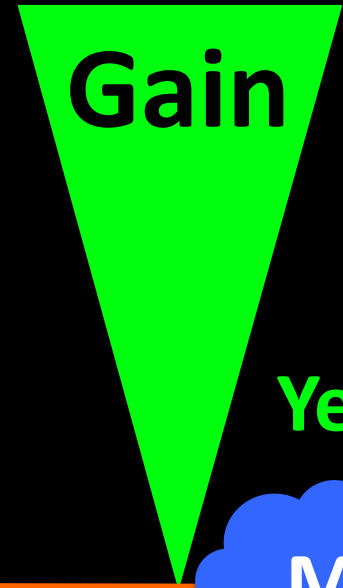
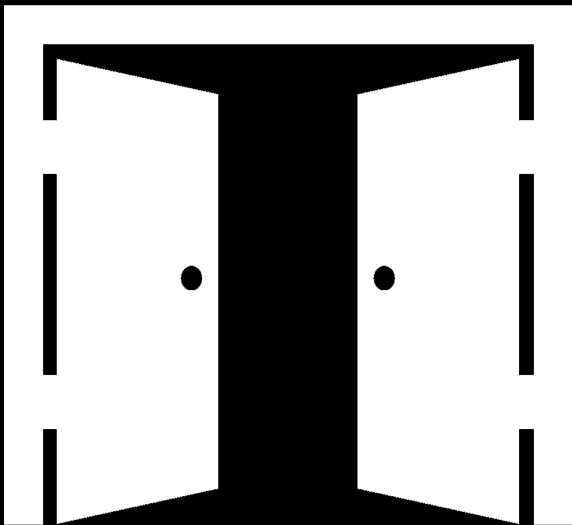
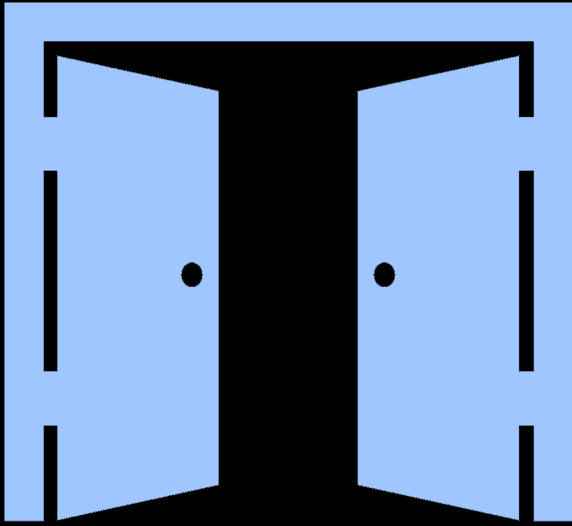
The Heart (Decisions)



The Heart (Decisions)



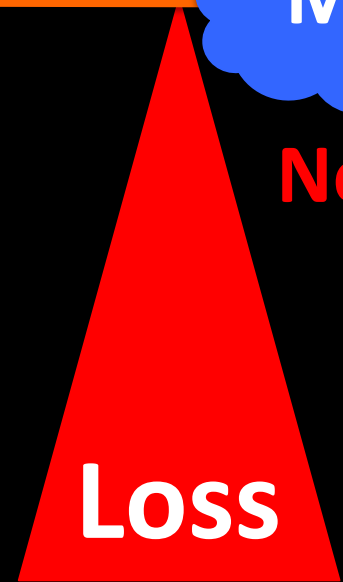
The Heart (Decisions)



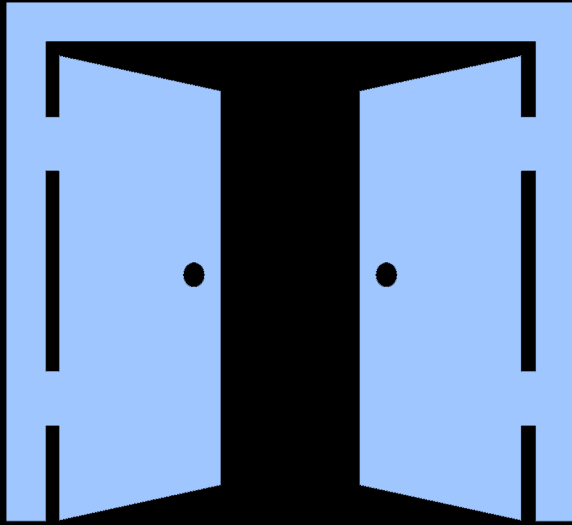
Yes

Me

No



The Heart (Decisions)



Receive
\$1,000

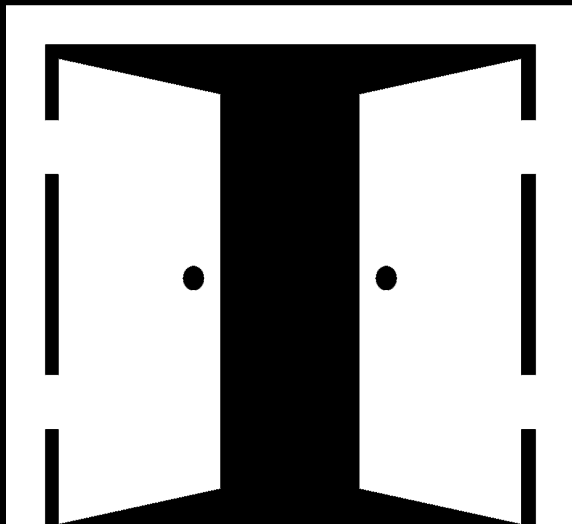
Gain

Yes

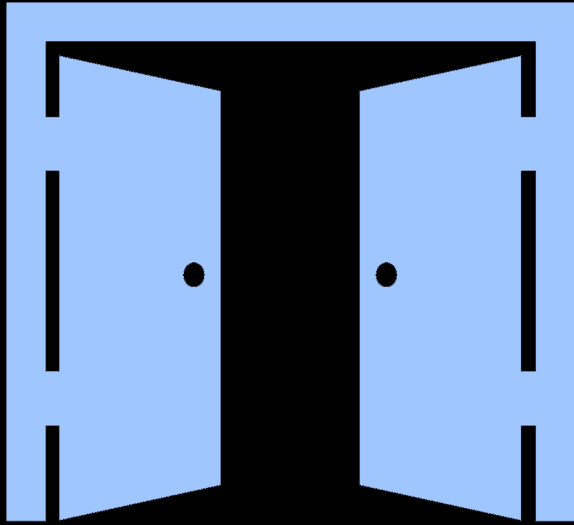
Me

No

Loss



The Heart (Decisions)



Receive
\$1,000

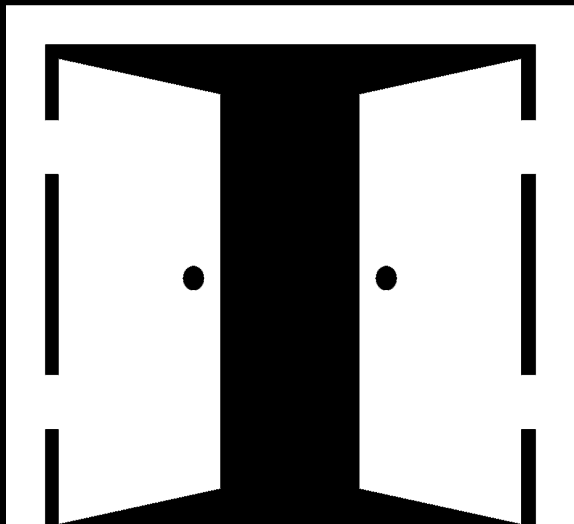
Gain

Yes

Me

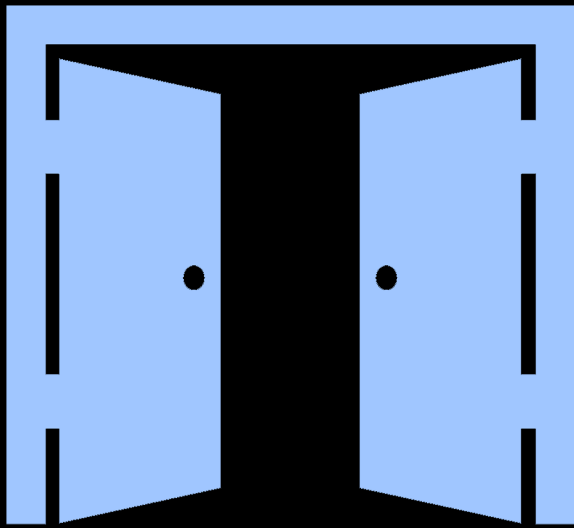
No

Loss



Pay
\$1,000

The Heart (Decisions)



Receive
\$1,000

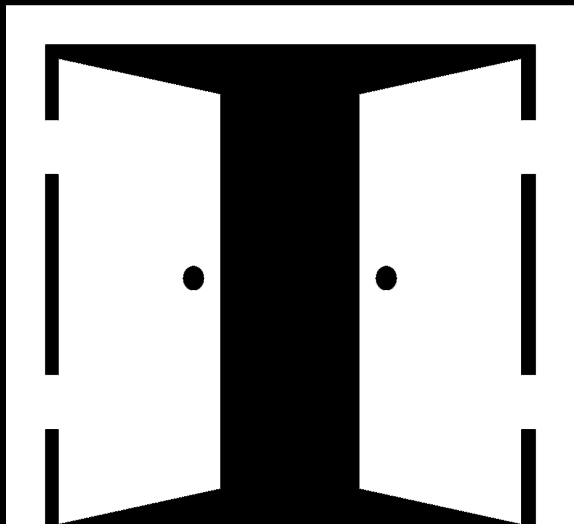
Gain

Yes

Me

No

Loss



~~Pay~~
~~\$1,000~~

The Heart (Decisions)

We always
choose a gain
over a loss. ✓

Receive
\$1,000

Gain

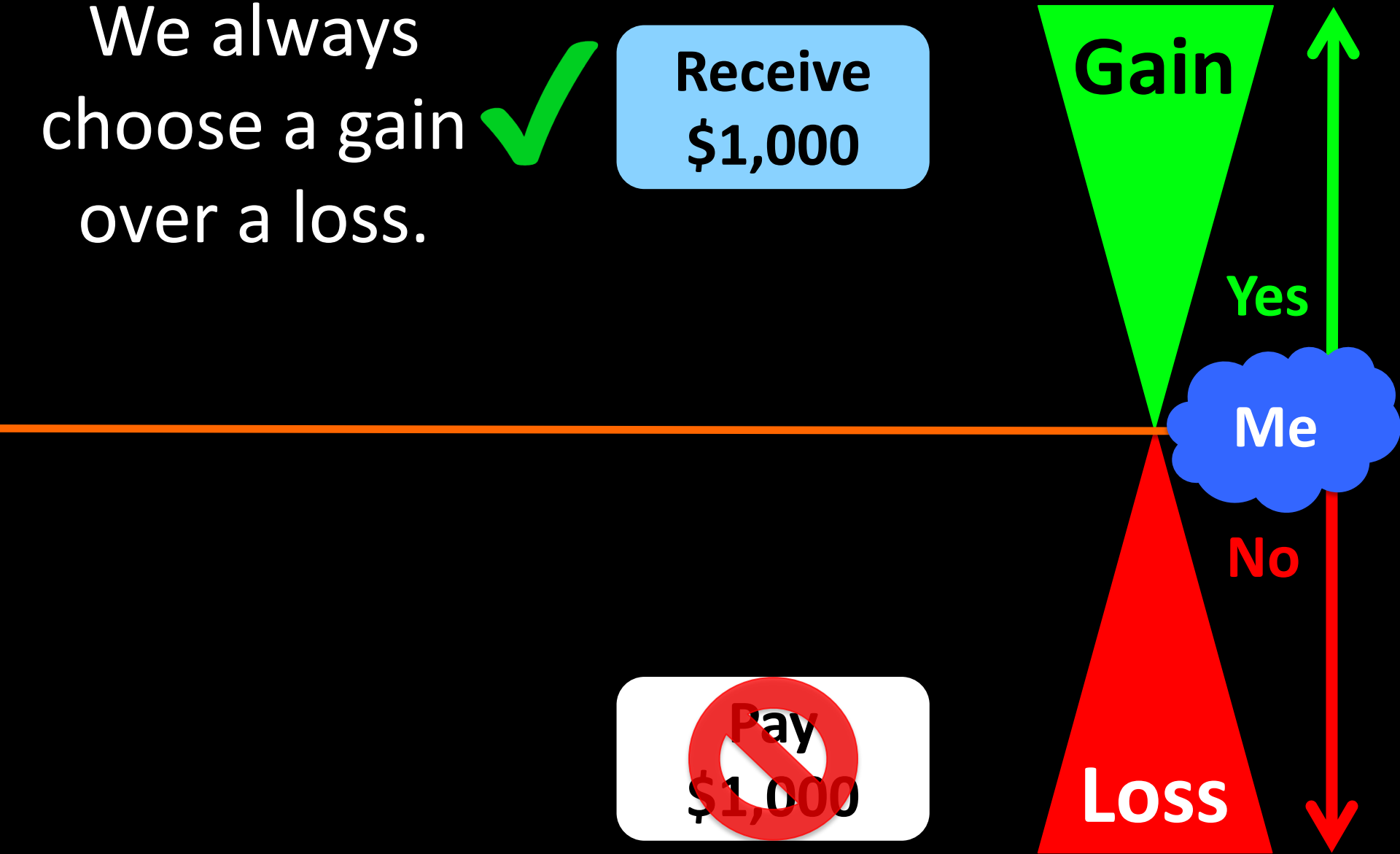
Yes

Me

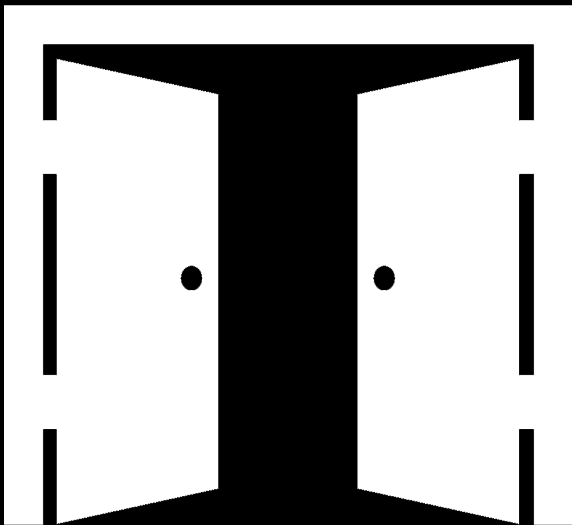
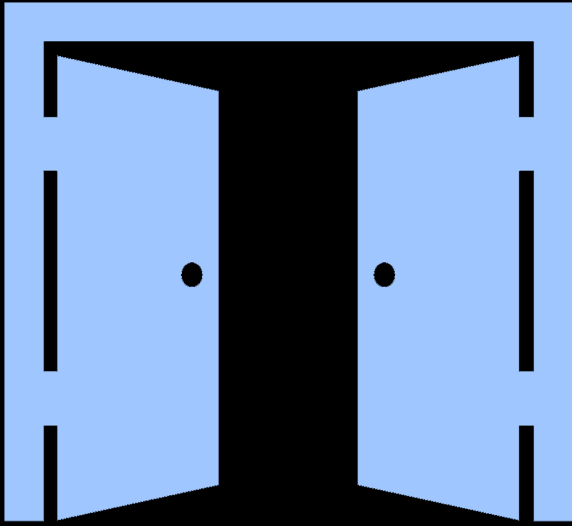
No

Loss

~~Pay~~
~~\$1,000~~



The Heart (Decisions)



Yes

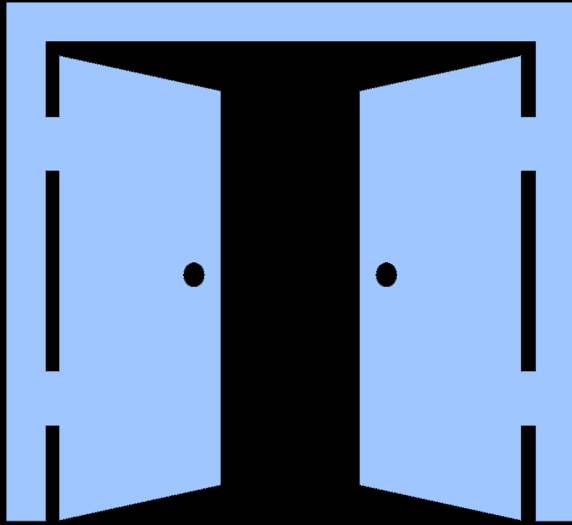
Me

No



Loss

The Heart (Decisions)



Receive
\$1,000

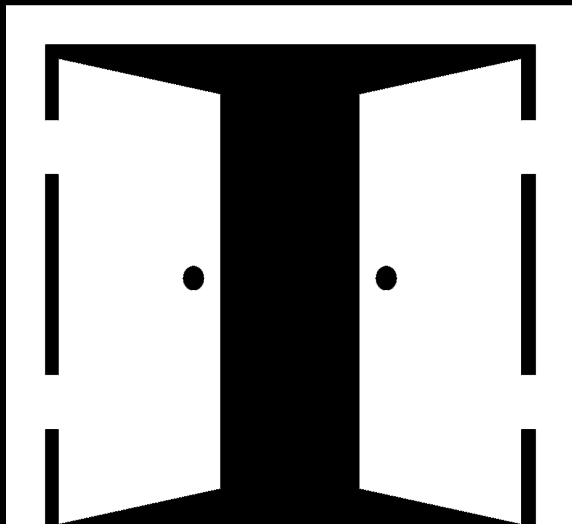
Gain

Yes

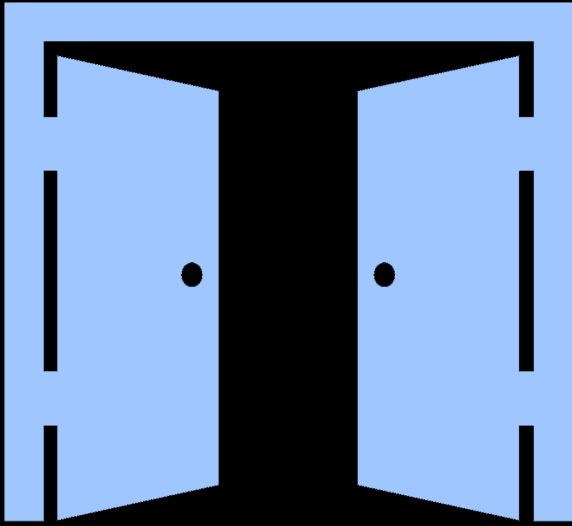
Me

No

Loss

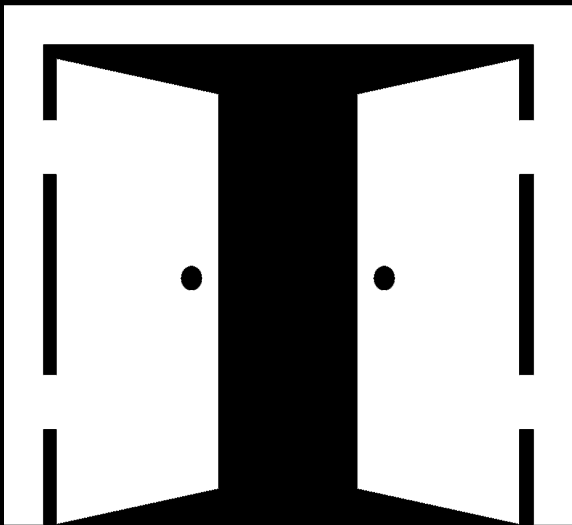


The Heart (Decisions)



Receive
\$1,000

Receive
\$10



Gain

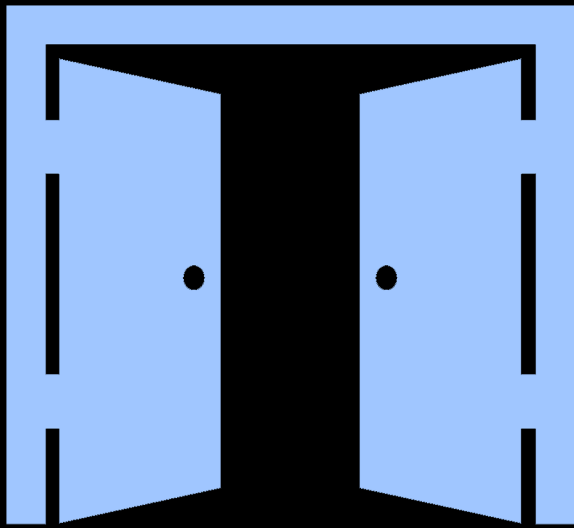
Yes

Me

No

Loss

The Heart (Decisions)



Receive
\$1,000



Receive
\$10

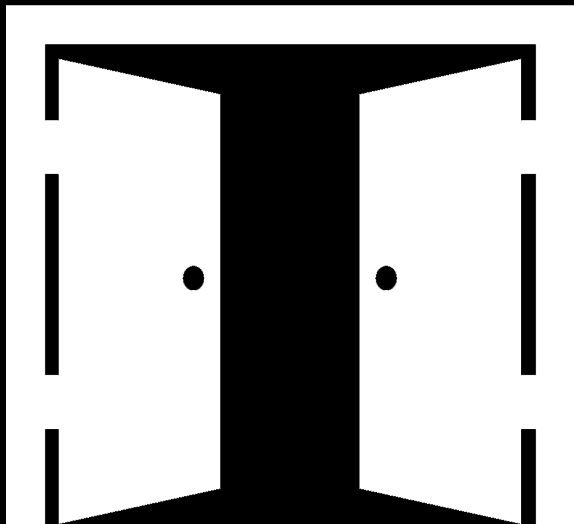
Gain

Yes

Me

No

Loss



We always
choose a
greater gain
over a
smaller gain.



Receive
\$1,000

~~Receive
\$10~~

The Heart (Decisions)

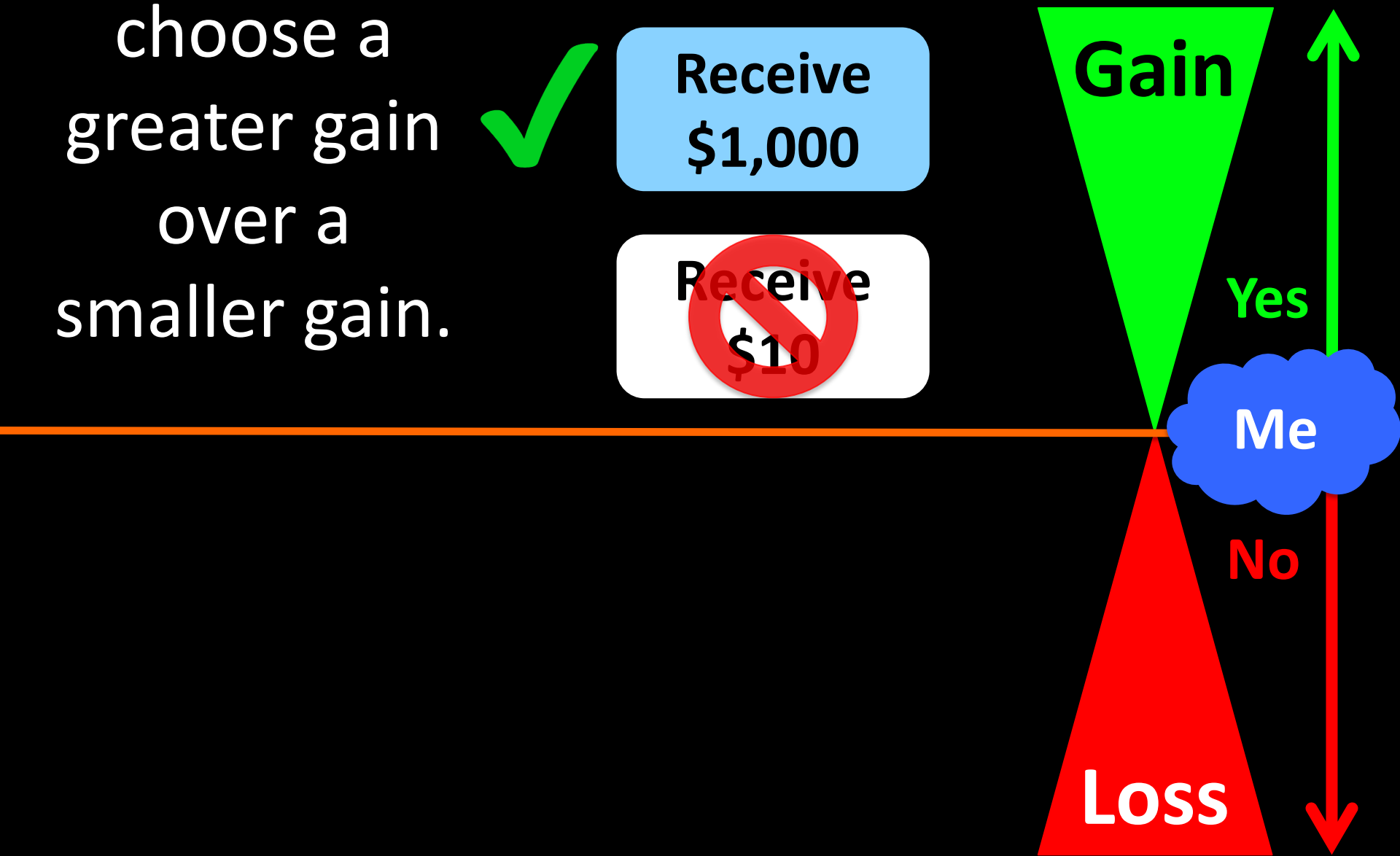
Gain

Yes

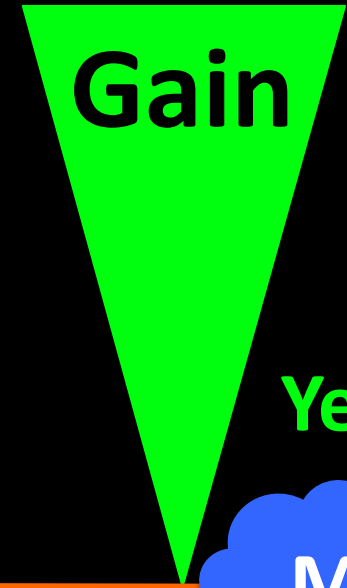
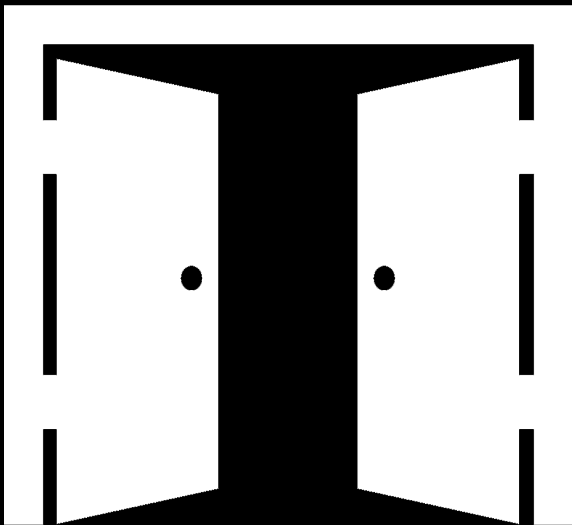
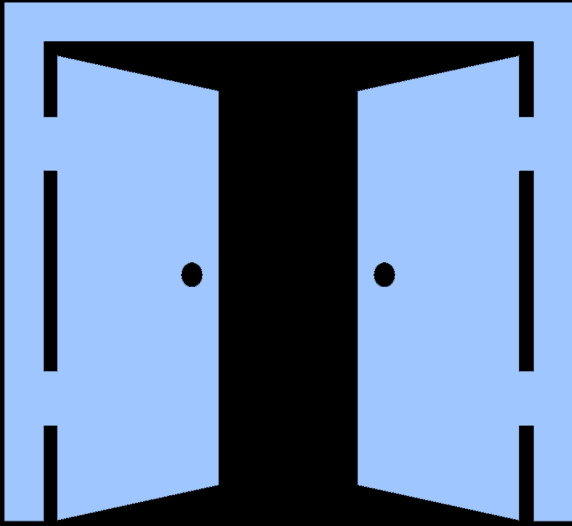
Me

No

Loss



The Heart (Decisions)



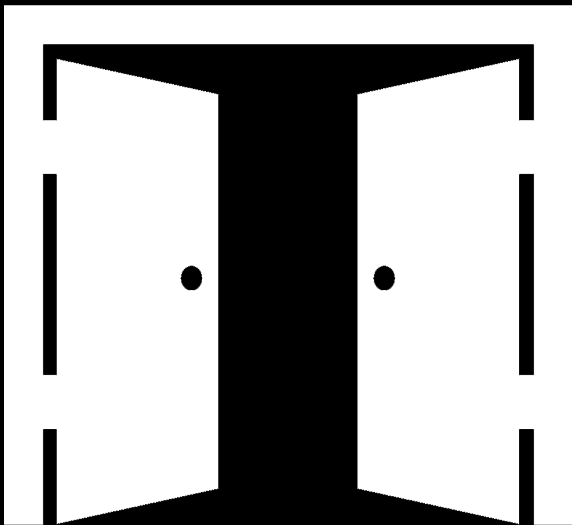
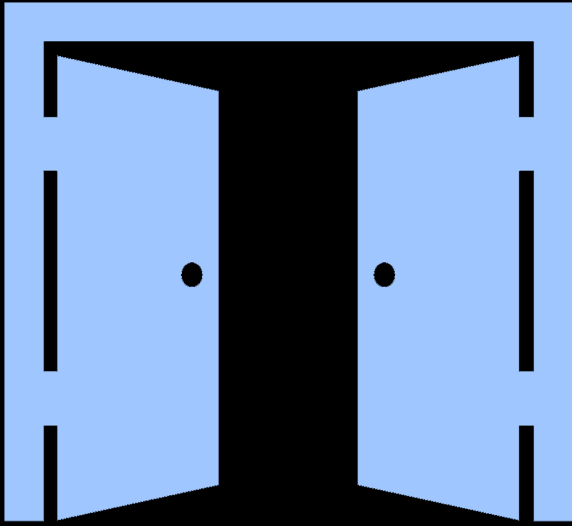
Yes

Me

No



The Heart (Decisions)



Pay
\$1,000

Gain

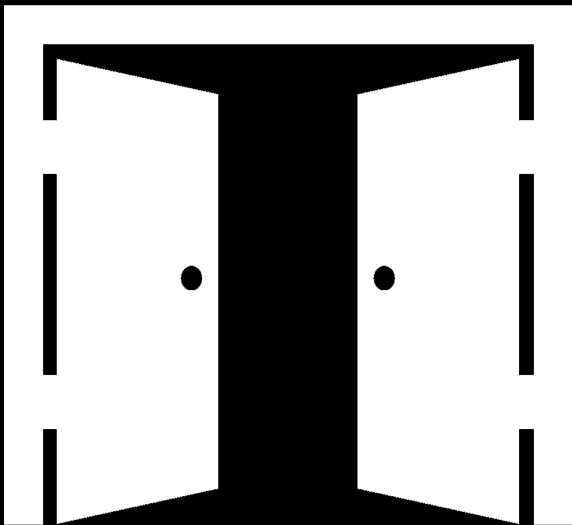
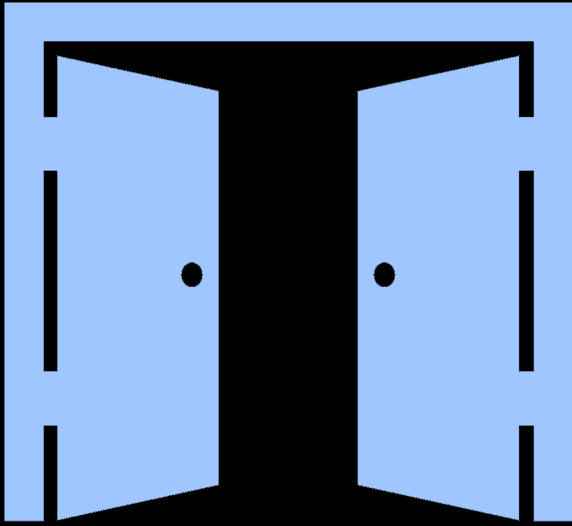
Yes

Me

No

Loss

The Heart (Decisions)

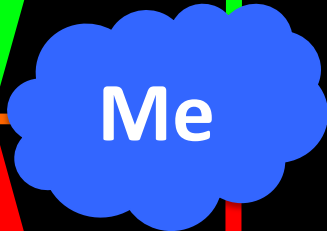


Pay
\$10

Pay
\$1,000



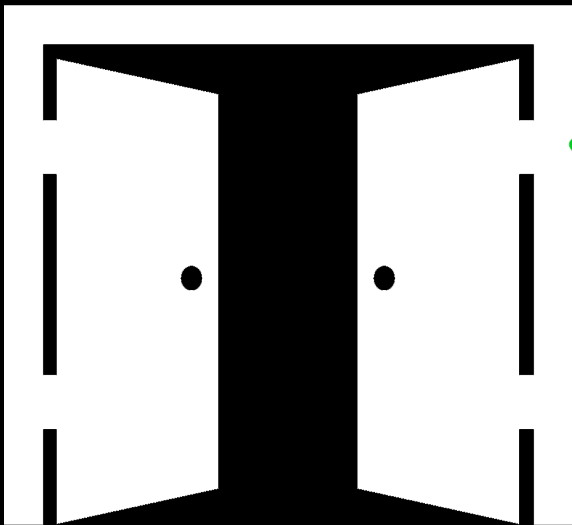
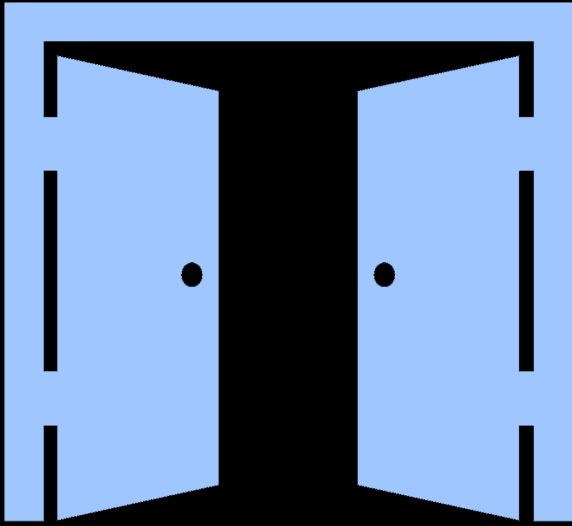
Yes



No



The Heart (Decisions)



Pay
\$10

~~Pay
\$1,000~~



Yes

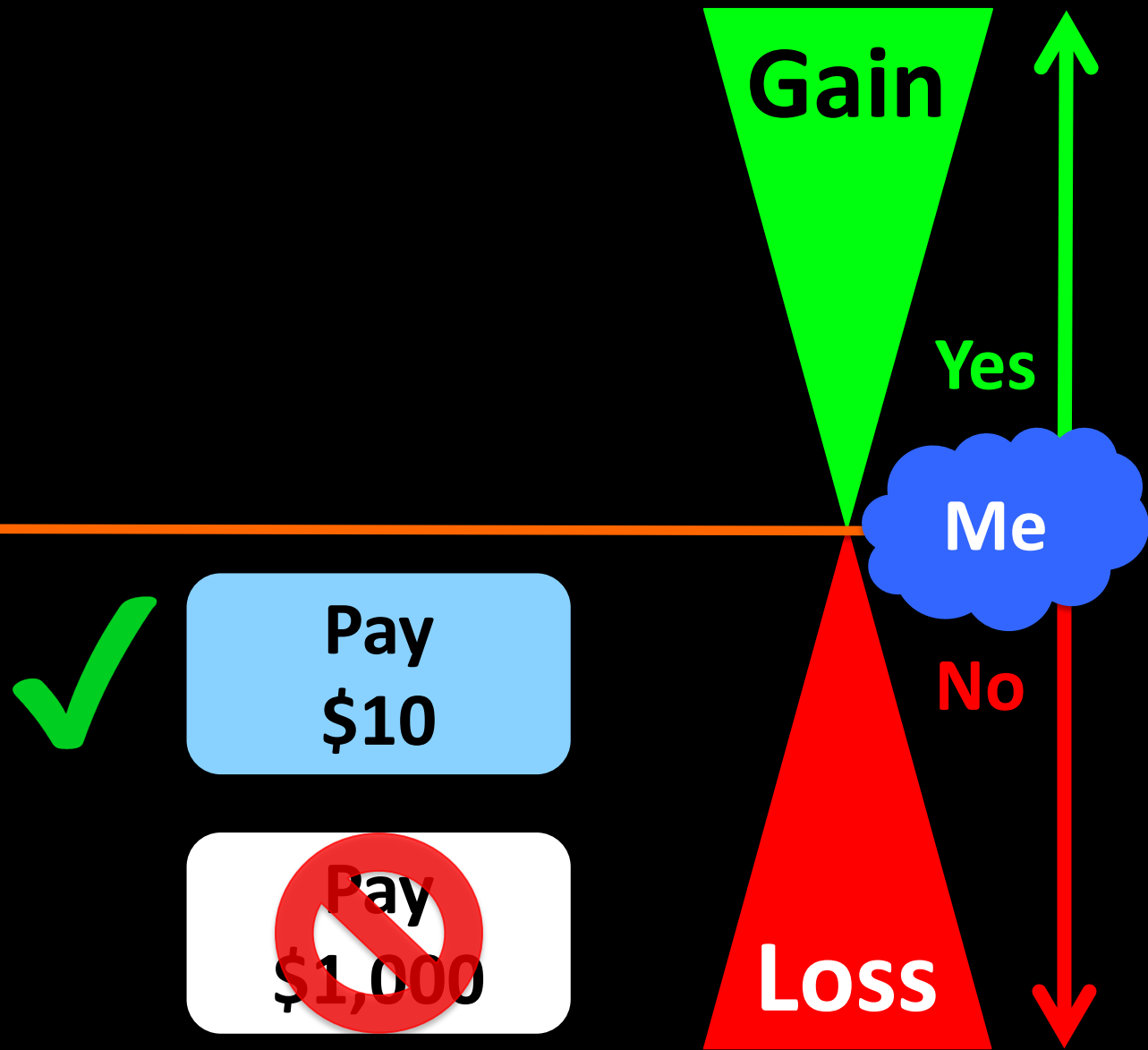


No



We always
choose a
smaller loss
over a
greater loss.

The Heart (Decisions)



“For where your treasure is, there your heart will be also.”

- Matthew 6:21

The Treasure

- The system by which we determine:

The Treasure

- The system by which we determine:
 - how valuable something is

The Treasure

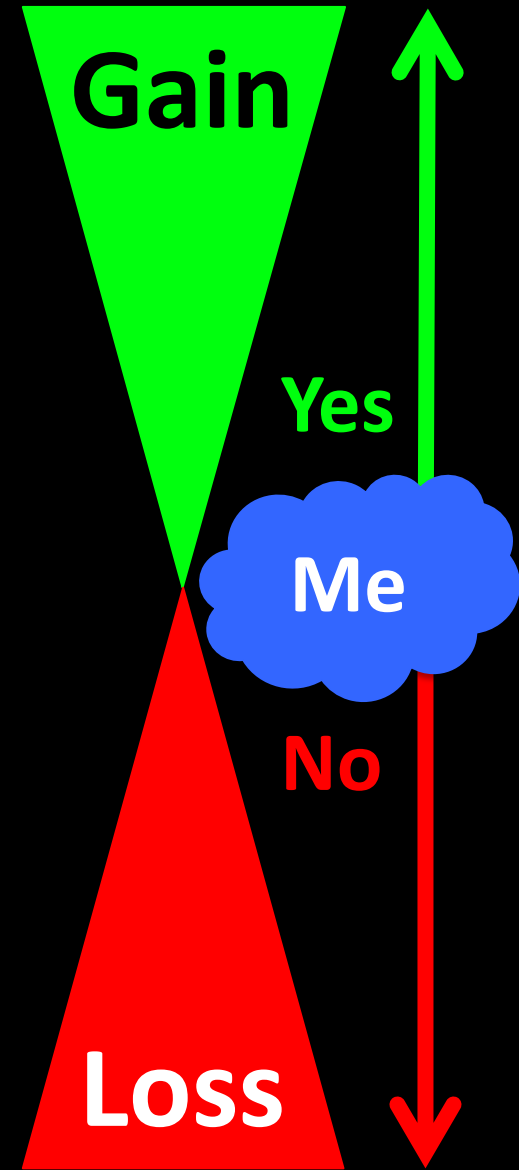
- The system by which we determine:
 - how valuable something is
 - whether something is a gain or a loss

The Treasure

- The system by which we determine:
 - how valuable something is
 - whether something is a gain or a loss
- A function of the heart

Temptation

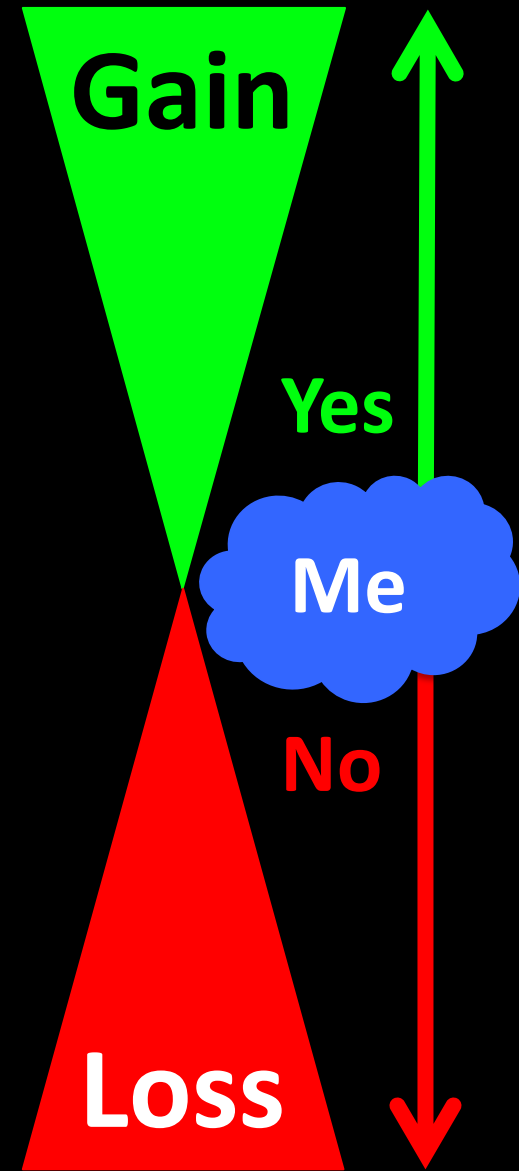
The Heart (Decisions)



Temptation

- Enemy cannot tempt us to lose

The Heart (Decisions)



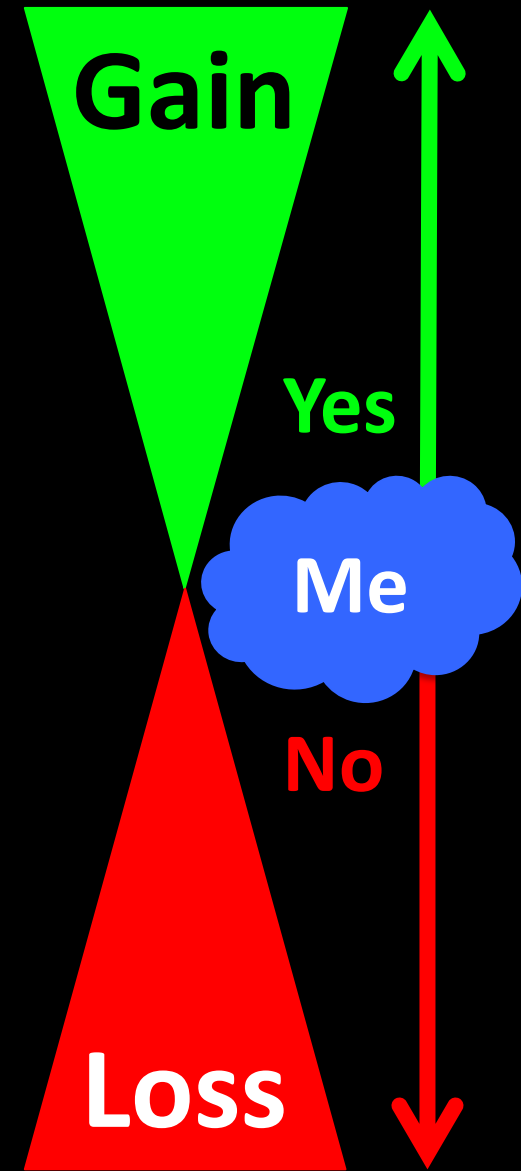




Temptation

- Enemy cannot tempt us to lose
- He has to trick us into believing loss is gain

The Heart (Decisions)

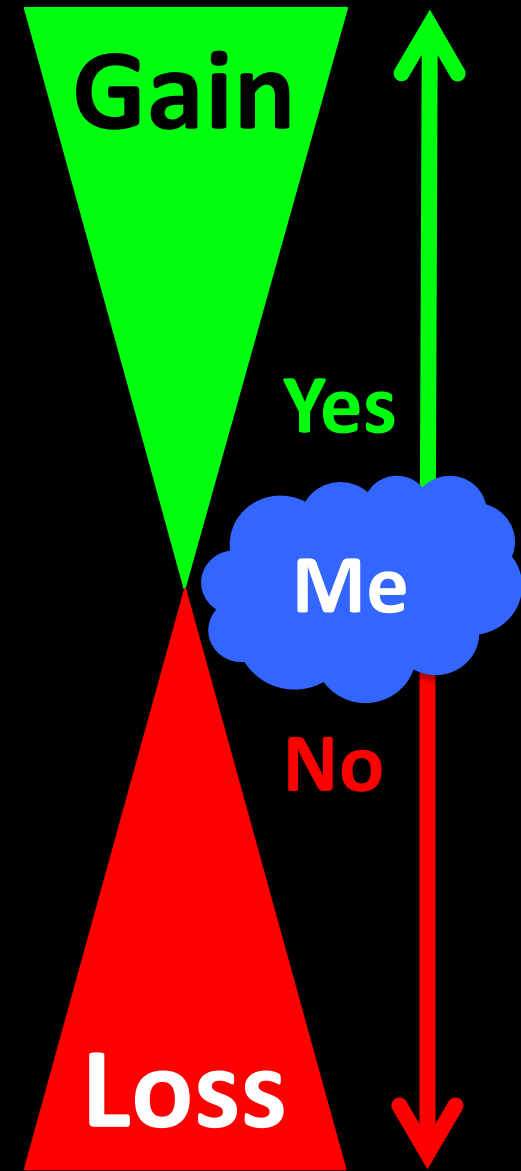


Temptation

- Enemy cannot tempt us to lose
- He has to trick us into believing loss is gain

Eden

The Heart (Decisions)



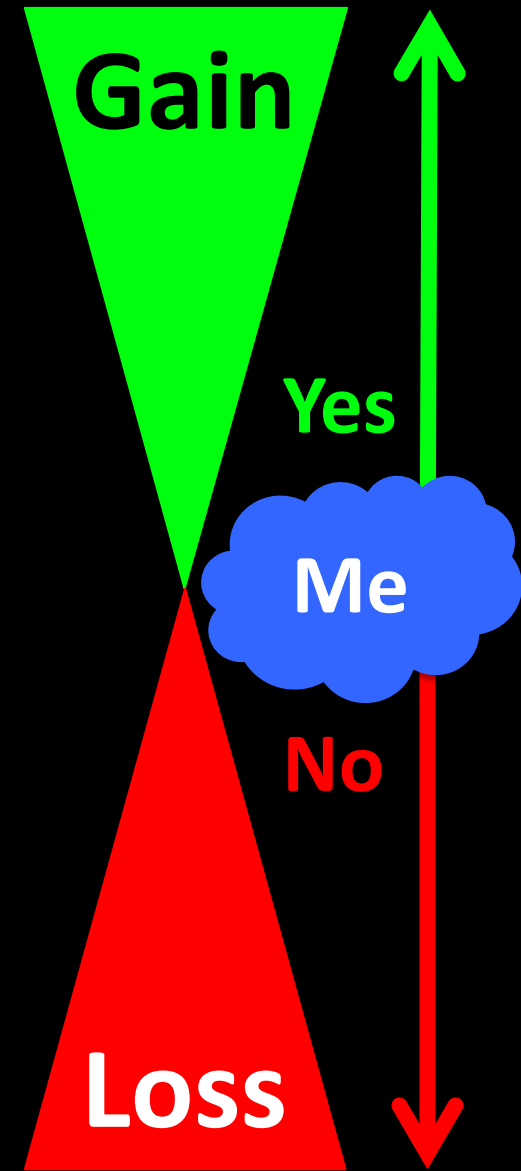
Temptation

- Enemy cannot tempt us to lose
- He has to trick us into believing loss is gain

Eden

God → Eat = Lose
 Don't eat = Gain

The Heart (Decisions)



“Now the serpent was more cunning than any beast of the field which the Lord God had made. And he said to the woman, ‘**Has God indeed said, ‘You shall not eat of every tree of the garden’?**’ And the woman said to the serpent, ‘We may eat the fruit of the trees of the garden; but of the fruit of the tree which is in the midst of the garden, God has said, ‘You shall not eat it, nor shall you touch it, lest you die.’” Then the serpent said to the woman, ‘**You will not surely die. For God knows that in the day you eat of it your eyes will be opened, and you will be like God,** knowing good and evil.’”

Genesis 3:1-5

Temptation

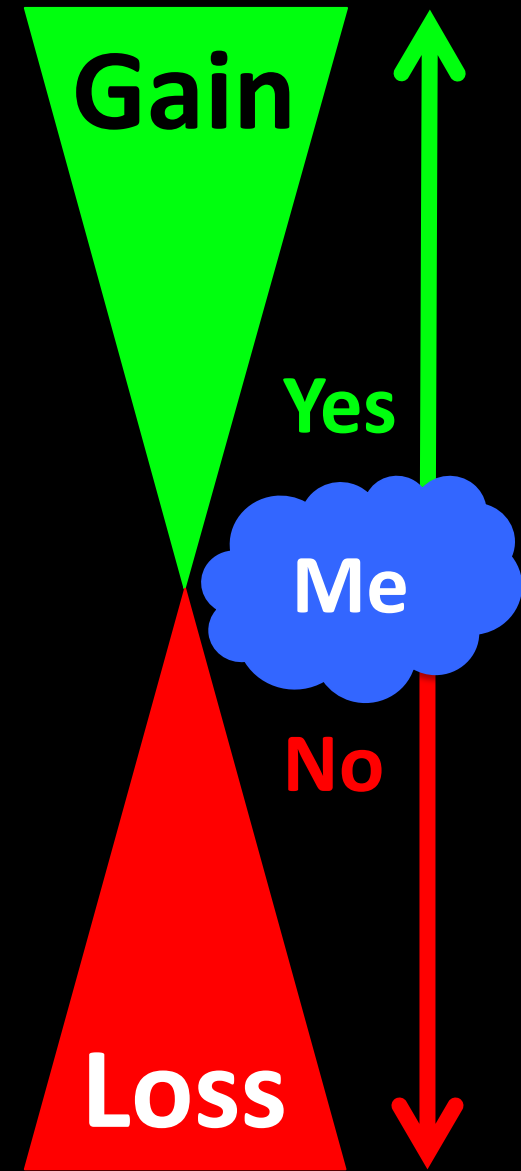
- Enemy cannot tempt us to lose
- He has to trick us into believing loss is gain

Eden

God → Eat = Lose
Don't eat = Gain

Enemy → Don't eat = Lose
Eat = Gain

The Heart (Decisions)



“So when the woman saw that the tree was good for food, that it was pleasant to the eyes, and a tree desirable to make one wise, **she took of its fruit and ate.**”

Genesis 3:6



Temptation

- Enemy cannot tempt us to lose
- He has to trick us into believing loss is gain

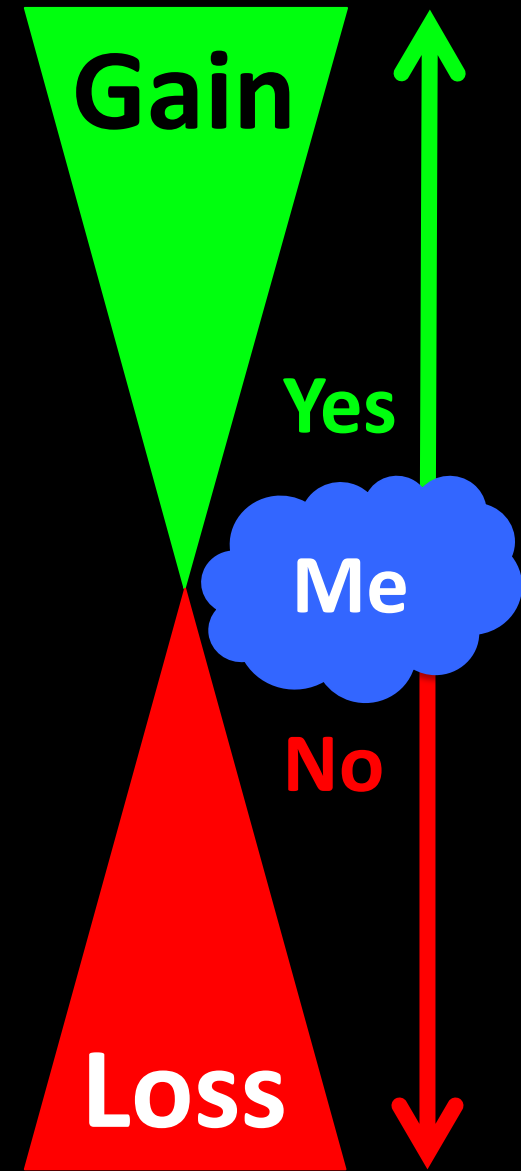
Eden

God → Eat = Lose
Don't eat = Gain

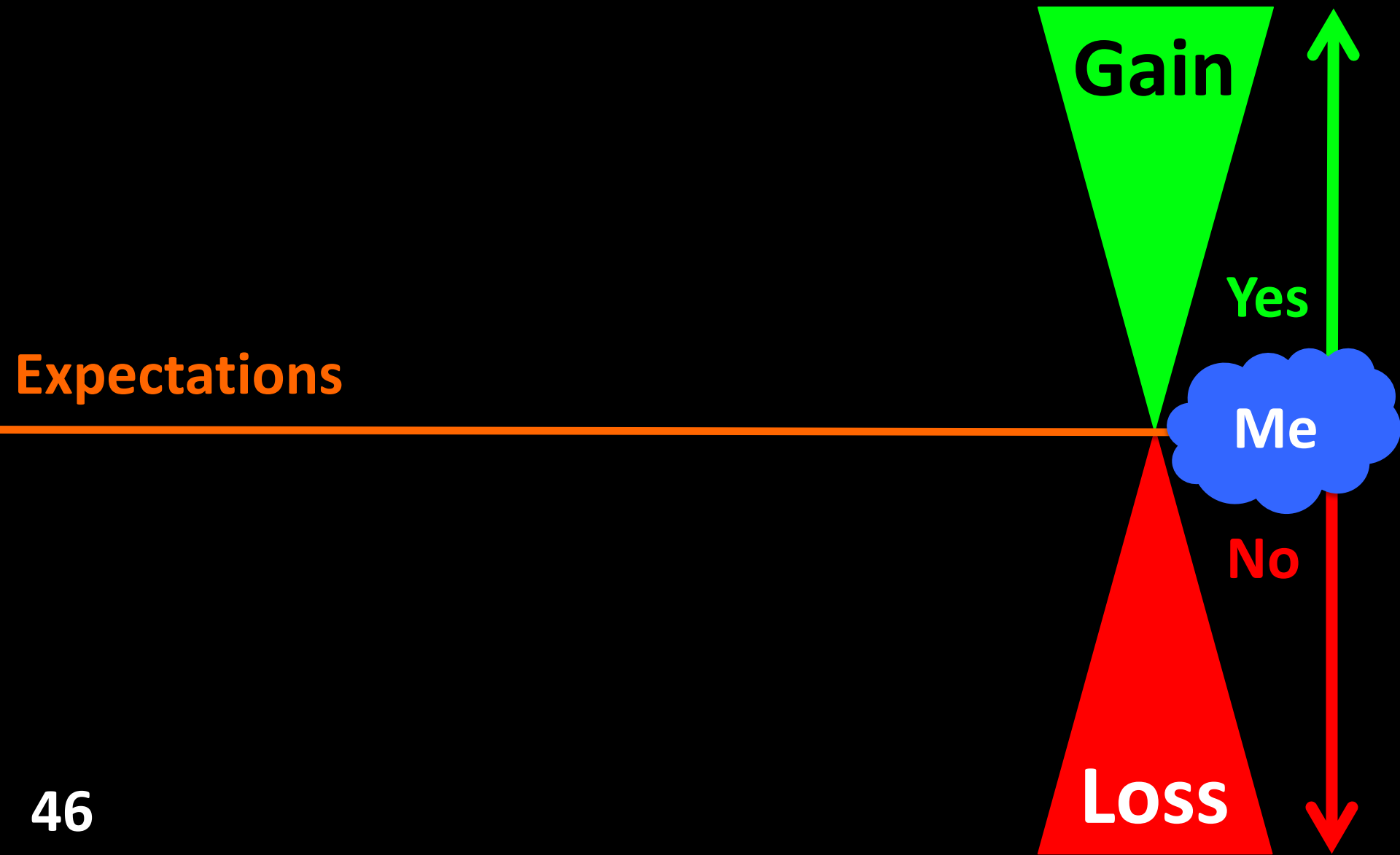
Enemy → Don't eat = Lose
Eat = Gain

(be like God)

The Heart (Decisions)

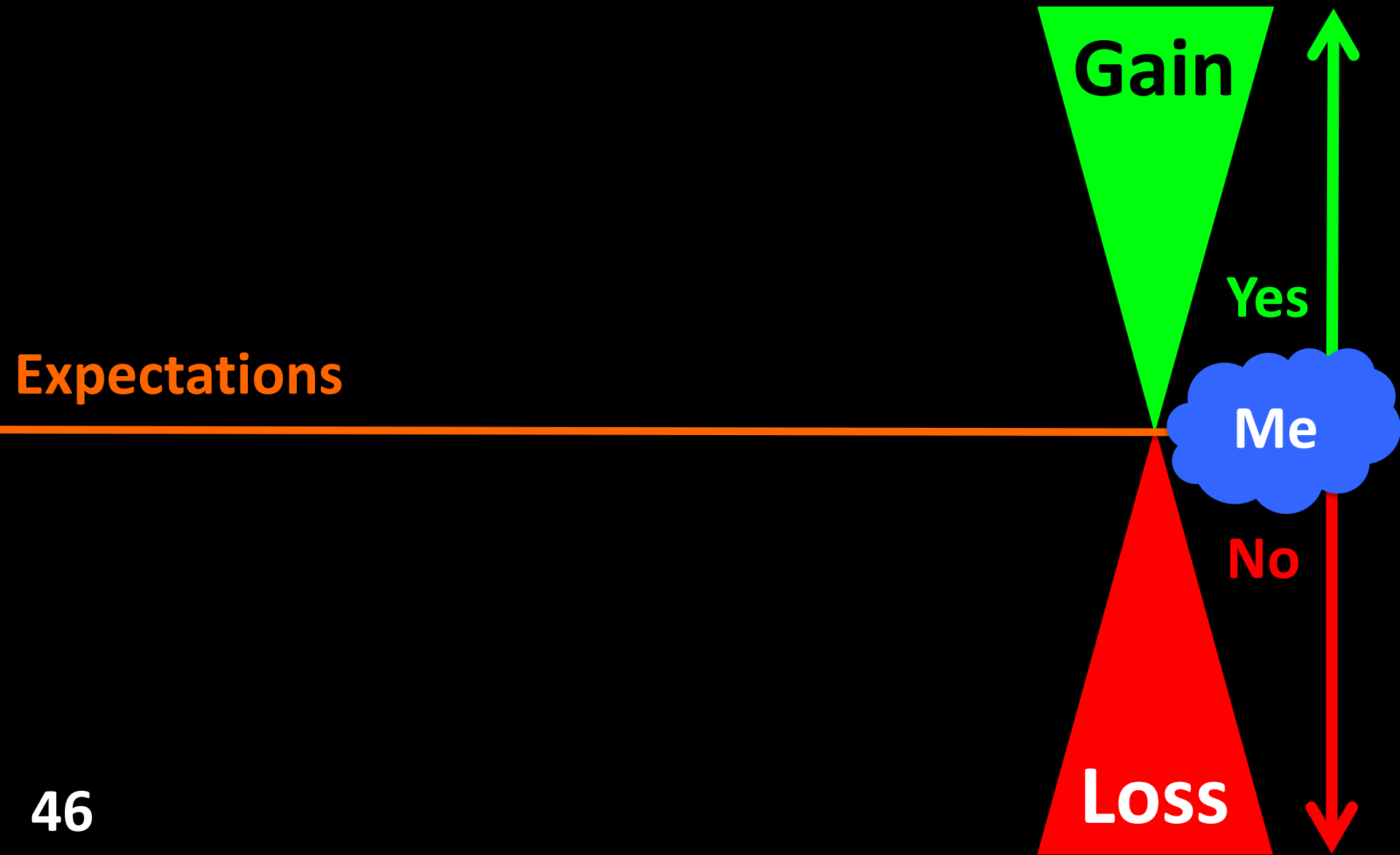


The Heart (Decisions)



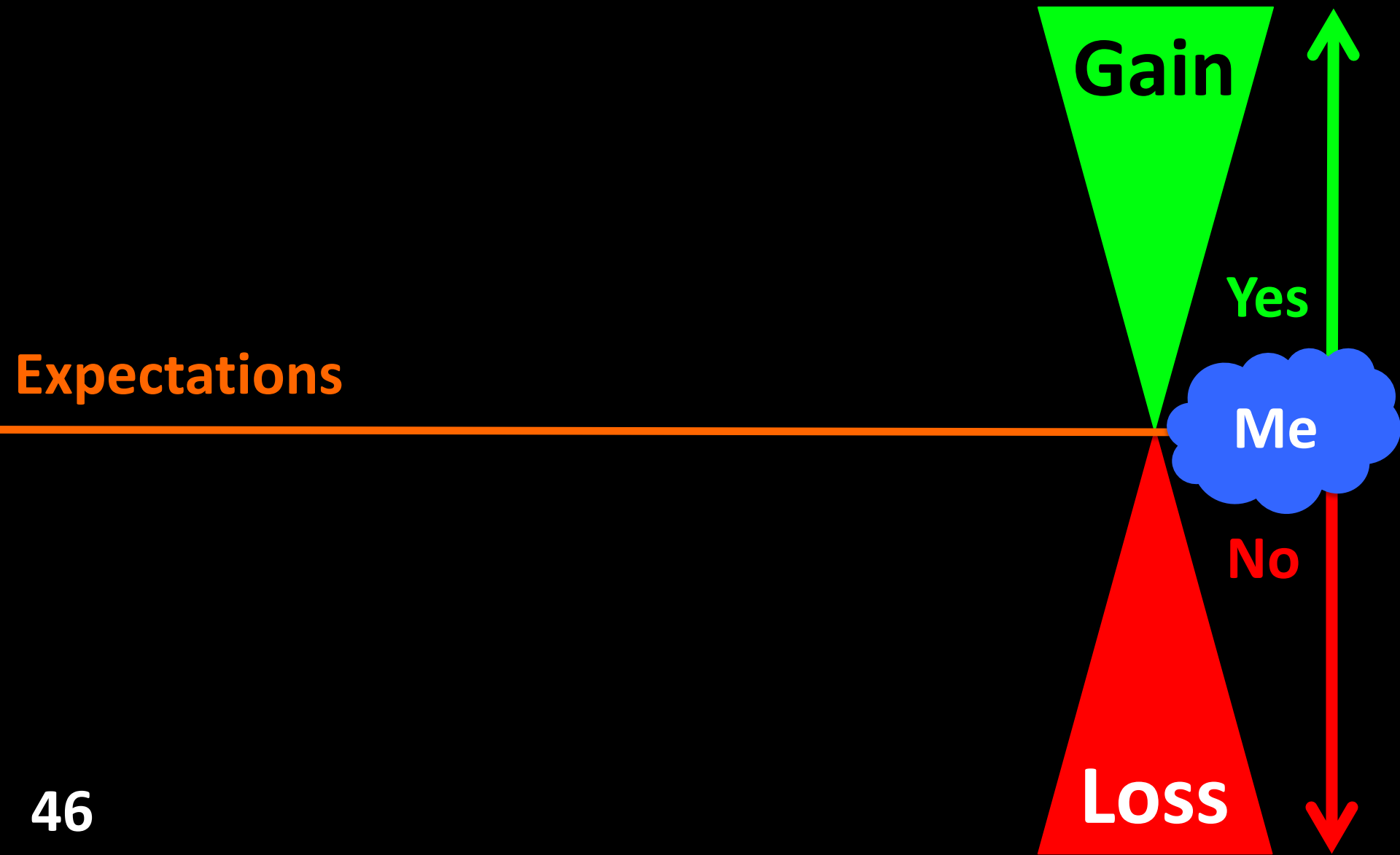
Human Love

The Heart (Decisions)



Human Love
Give to Receive

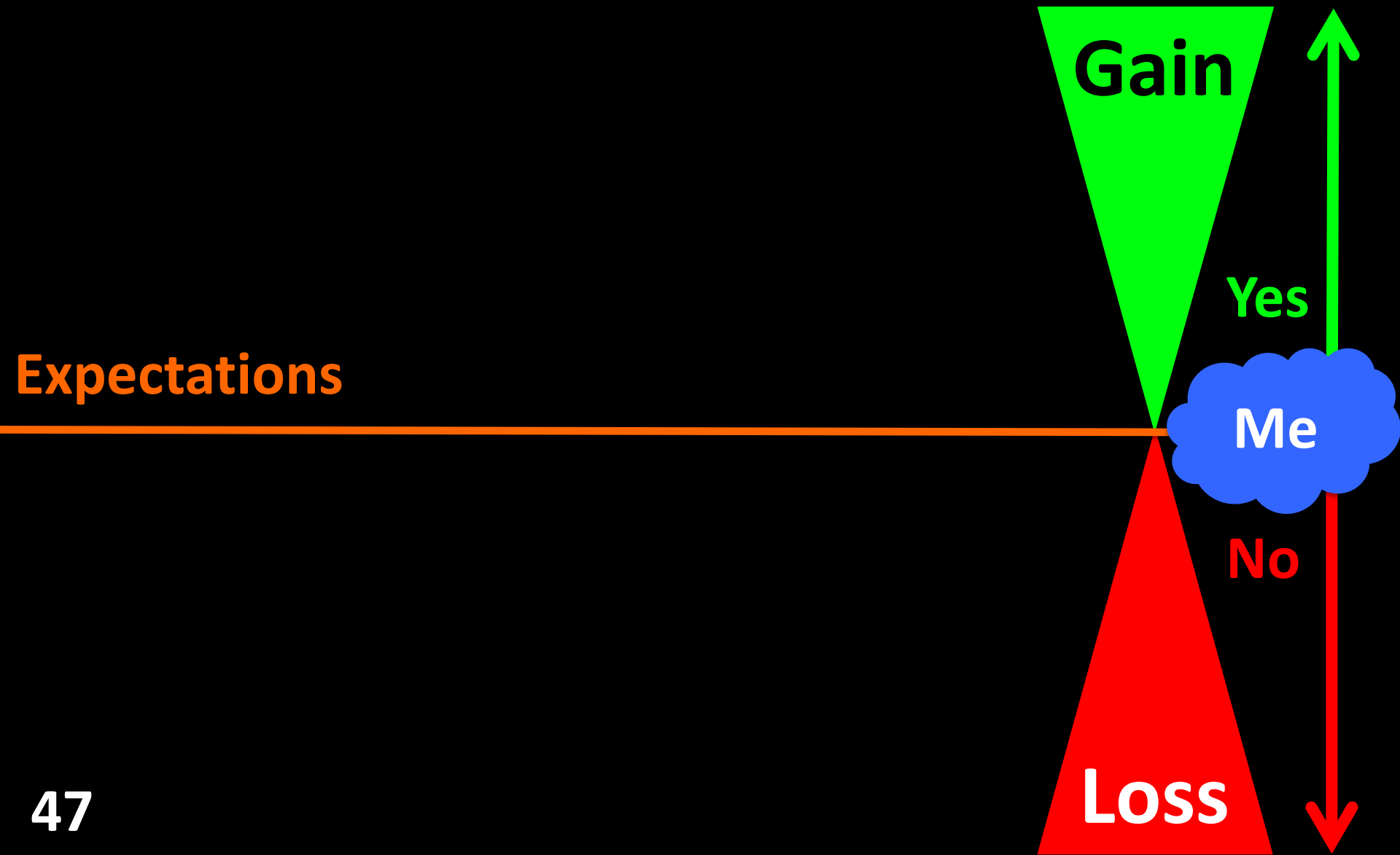
The Heart
(Decisions)



Human Love

Give to Receive → Investment

The Heart (Decisions)



Human Love
Give to Receive → **Investment** **The Heart**
(Decisions)

To Receive (More)

Gain

Yes

Me

No

Loss

Expectations

Human Love
Give to Receive → **Investment** **The Heart**
(Decisions)

To Receive (More)

Gain

Yes

To Receive (Enough)

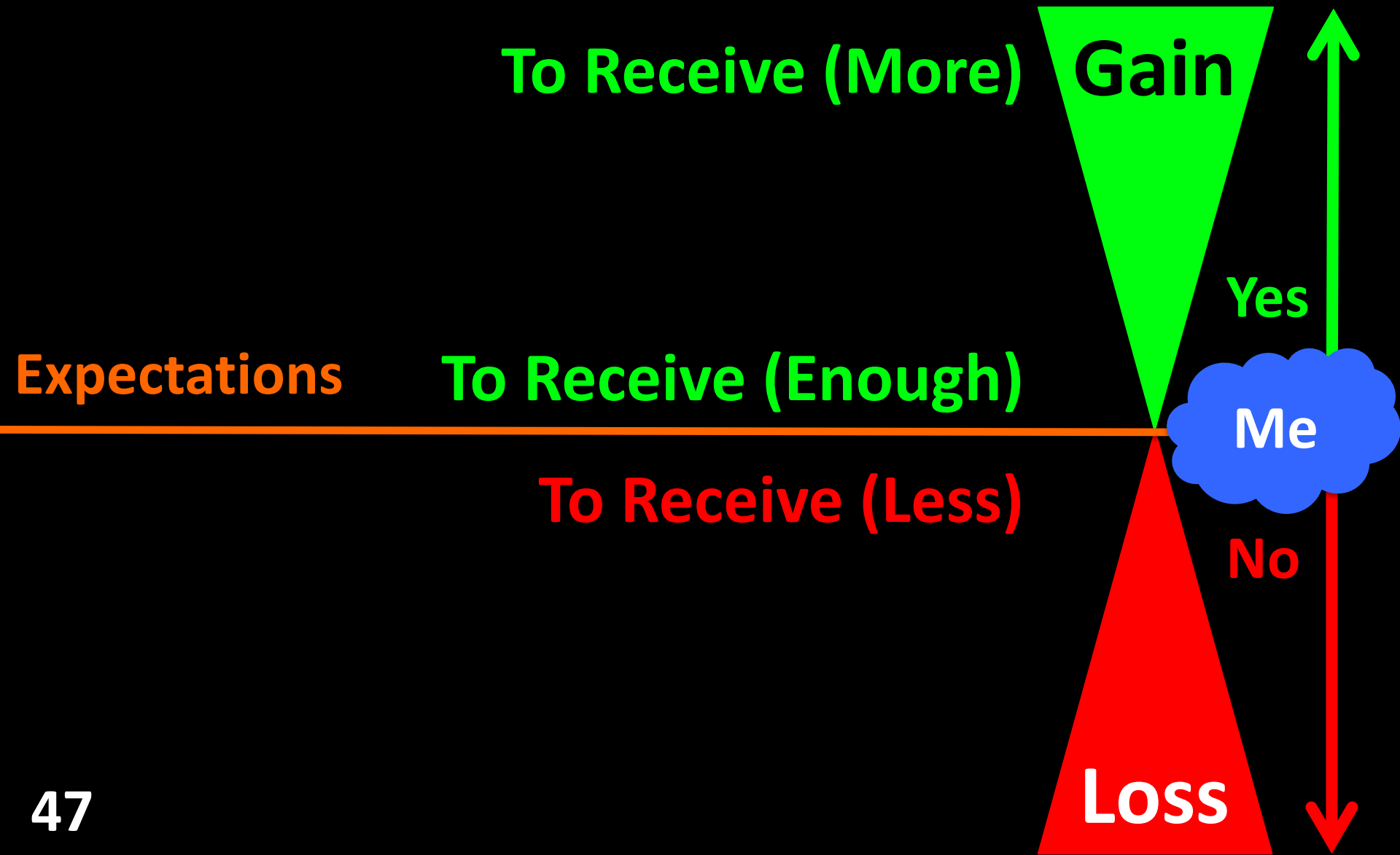
Me

No

Loss

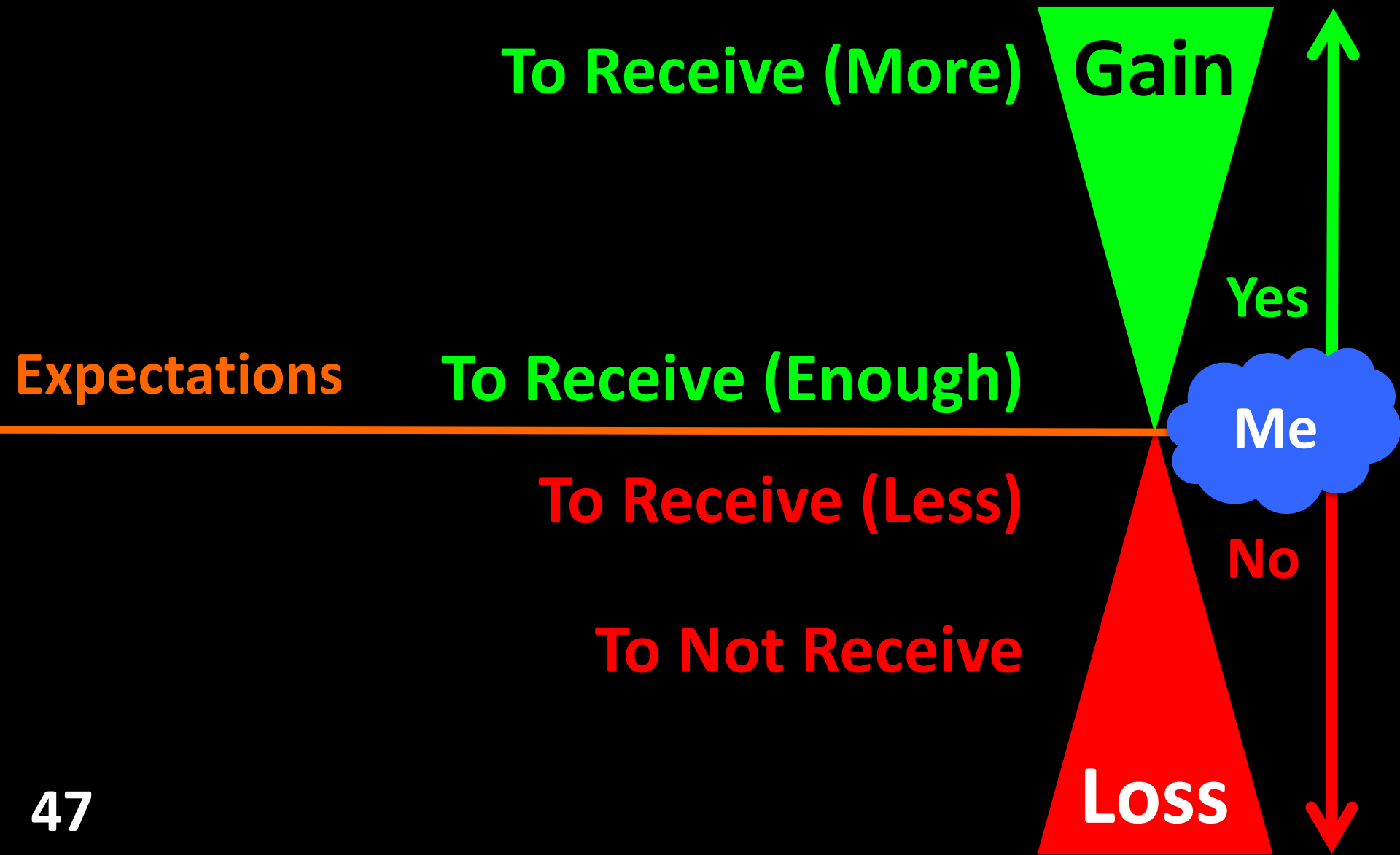
Human Love The Heart (Decisions)

Give to Receive → Investment



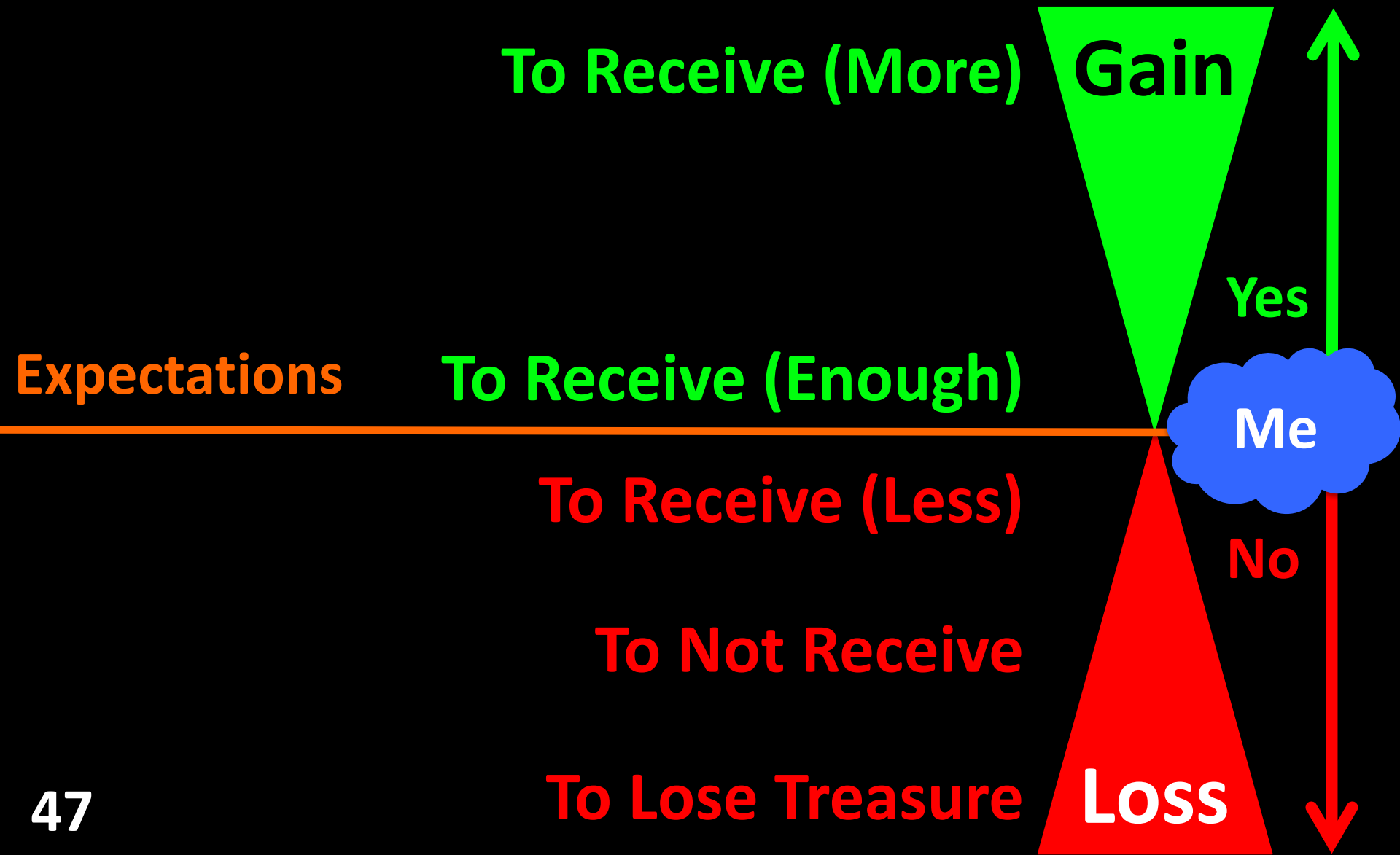
Human Love The Heart (Decisions)

Give to Receive → Investment



Human Love The Heart (Decisions)

Give to Receive → Investment

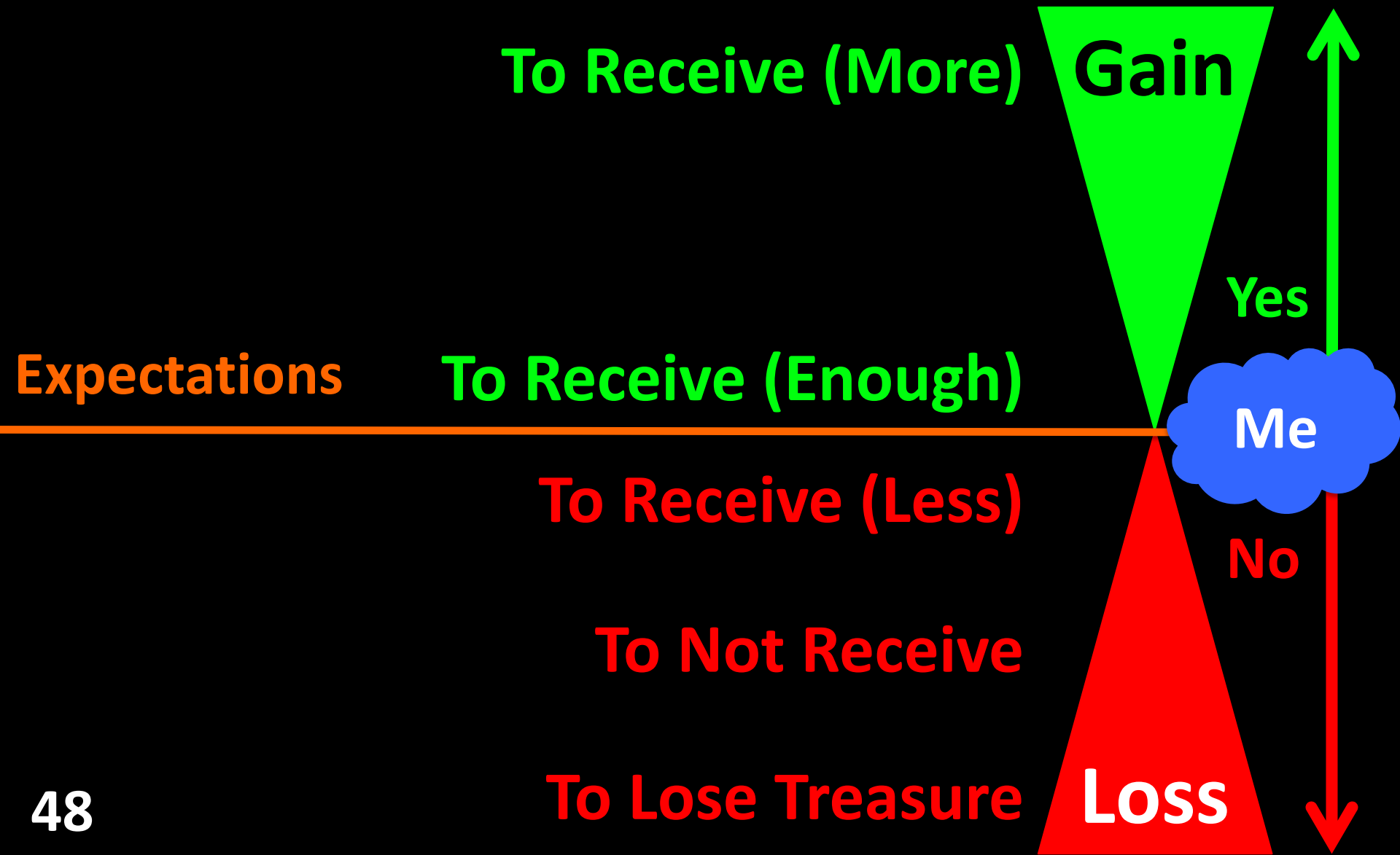






Human Love The Heart (Decisions)

Give to Receive → Investment



Human Love The Heart

Give to Receive → Investment (Decisions)

It's Mine!

To Receive (More)

Gain

Yes

Expectations

To Receive (Enough)

Me

To Receive (Less)

No

To Not Receive

To Lose Treasure

Loss

Human Love The Heart (Decisions)

Give to Receive → Investment

It's Mine!
I have (possess)

To Receive (More)

Gain

Yes

Expectations

To Receive (Enough)

Me

To Receive (Less)

No

To Not Receive

To Lose Treasure

Loss

Human Love The Heart (Decisions)

Give to Receive → Investment

It's Mine!

I have (possess)
I can (produce)

To Receive (More)

Gain

Yes

To Receive (Enough)

Me

To Receive (Less)

No

To Not Receive

To Lose Treasure

Loss

Expectations

Human Love The Heart (Decisions)

Give to Receive → Investment

It's Mine!

I have (possess)

I can (produce)

I am (my own)

To Receive (More)

Gain

To Receive (Enough)

To Receive (Less)

To Not Receive

To Lose Treasure

Loss

Yes

Me

No

Expectations

Human Love The Heart (Decisions)

Give to Receive → Investment

It's Mine!

I have (possess) - Selfishness

I can (produce)

I am (my own)

To Receive (More)

Gain

Yes

To Receive (Enough)

Me

To Receive (Less)

No

To Not Receive

To Lose Treasure

Loss

Human Love The Heart

Give to Receive → Investment (Decisions)

It's Mine!

I have (possess) - Selfishness

I can (produce) - Pride

I am (my own) - Pride

To Receive (More)

Gain

Yes

Expectations

To Receive (Enough)

Me

To Receive (Less)

No

To Not Receive

To Lose Treasure

Loss

“But we are all like an unclean thing, and all our
righteousnesses are like filthy rags; we all fade
as a leaf, and our iniquities, like the wind, have
taken us away.”

- Isaiah 64:6

“Though I speak with the tongues of men and of angels, but have not [this] love, I have become sounding brass or a clanging cymbal. And though I have the gift of prophecy, and understand all mysteries and all knowledge, and though I have all faith, so that I could remove mountains, but have not [this] love, I am nothing. And though I bestow all my goods to feed the poor, and though I give my body to be burned, but have not [this] love, it profits me nothing.”

1 Corinthians 13:1-3

“Many will say to Me in that day, ‘Lord, Lord, have we not **prophesied in Your name, cast out demons in Your name, and done many wonders in Your name?**’ And then I will declare to them, ‘I never knew you; depart from Me, you who practice lawlessness!’

- Matthew 7:22,23

“...the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be.”

- *Romans 8:7*

“...you say, ‘I am rich, have become wealthy, and have need of nothing’—and do not know that you are wretched, miserable, poor, blind, and naked....”

- *Revelation 3:17*

Human Love The Heart (Decisions)

Give to Receive → Investment

It's Mine!

I have (possess) - Selfishness

I can (produce) - Pride

I am (my own) - Pride

To Receive (More)

Gain

Yes

To Receive (Enough)

Me

To Receive (Less)

No

To Not Receive

To Lose Treasure

Loss

Human Love

The Heart

Give to Receive → **Investment** (Decisions)

└→ **I am God**

It's Mine!

I have (possess) - Selfishness

I can (produce) - Pride

I am (my own) - Pride

To Receive (More)

Gain

Yes

To Receive (Enough)

Me

To Receive (Less)

No

To Not Receive

To Lose Treasure

Loss

“You shall have no other gods before Me.”

Exodus 20:3

Me
myself
&

Human Love

The Heart

Give to Receive → **Investment** (Decisions)

└→ **I am God**

It's Mine!

I have (possess) - Selfishness

I can (produce) - Pride

I am (my own) - Pride

To Receive (More)

Gain

Yes

Expectations

To Receive (Enough)

Me

To Receive (Less)

No

**Slave to
Others**

To Not Receive

To Lose Treasure

Loss

Deceitful Heart

“The heart is deceitful above all things, and desperately wicked; who can know it?”

Jeremiah 17:9

Deceitful Heart

“I, the Lord, search the heart, I test the mind,
even to give every man according to his ways,
according to the fruit of his doings.”

Jeremiah 17:10

Deceitful Heart

“Search me, O God, and know my heart; try me,
and know my anxieties; and see if there is any
wicked way in me, and lead me in the way
everlasting.”

Psalms 139:23,24

Deceitful Heart

“Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me by Your generous Spirit.”

Psalms 51:10-12

Deceitful Heart

“I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh. I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do them.”

Ezekiel 36:26,27

Give or Take

Give or Take

- Give first?



Give or Take

- Give first?
- Take first?



Give or Take

- Give first?
- Take first?



- Can't give what you don't have

Give or Take

- Give first?
- Take first?



- Can't give what you don't have
- We must take first in order to have something to give



Give First or Take First?





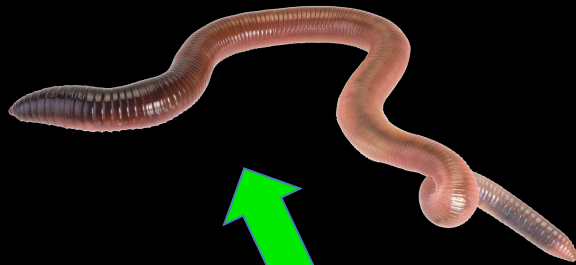
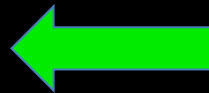


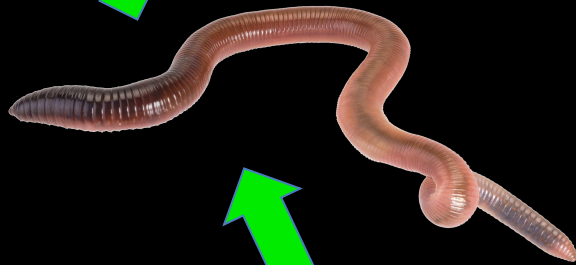








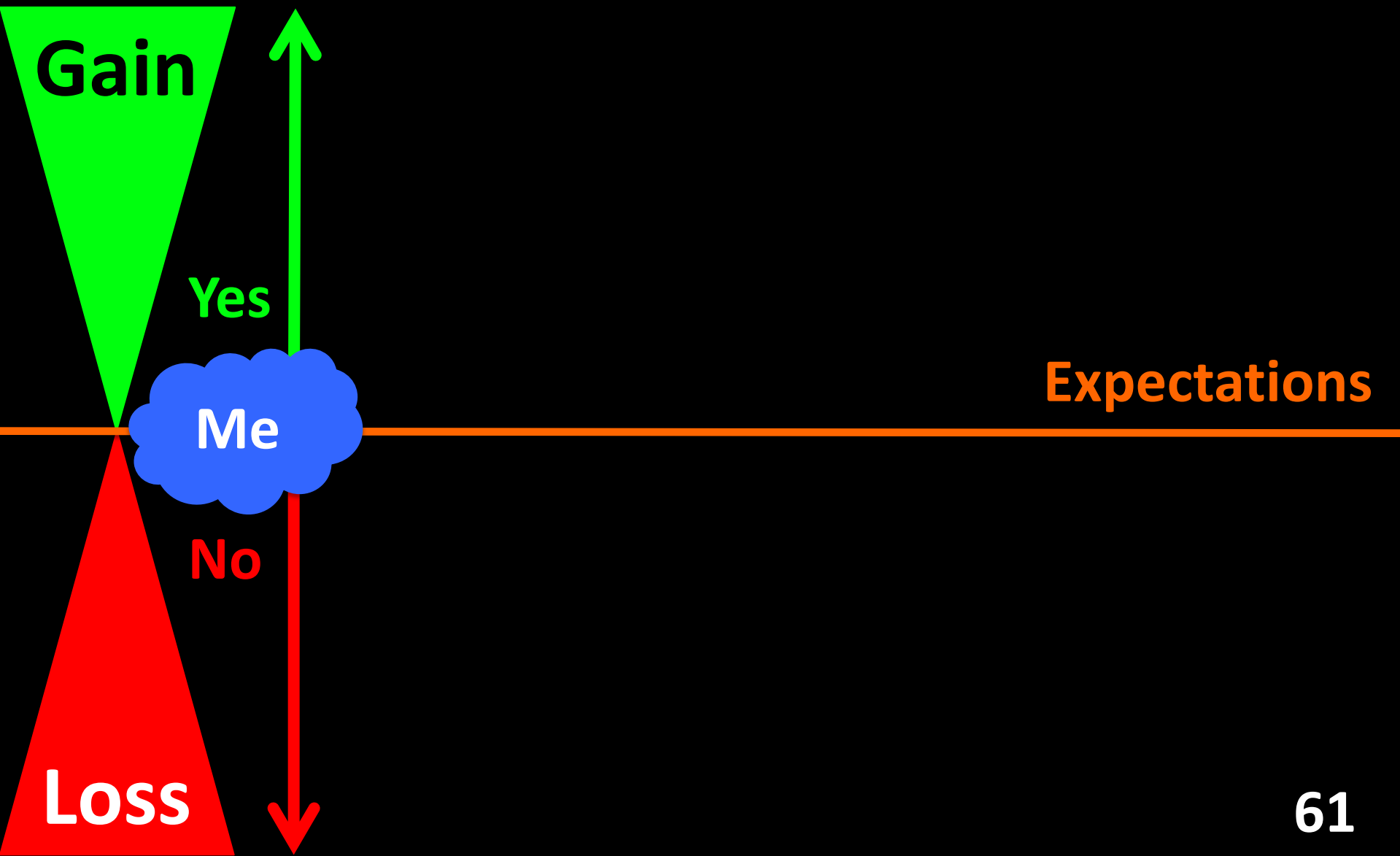




“Looking unto Jesus we see that it is the glory of our God to give. "I do nothing of Myself..." "I seek not Mine own glory," but the glory of Him that sent Me... In these words is set forth the great principle which is **the law of life** for the universe. All things Christ received from God, but **He took to give**. So in the heavenly courts, in His ministry for all created beings: through the beloved Son, the Father's life flows out to all; through the Son it returns, in praise and joyous service, a tide of love, to the great Source of all. And thus through Christ **the circuit of beneficence** is complete, representing the character of the great Giver, **the law of life.**”

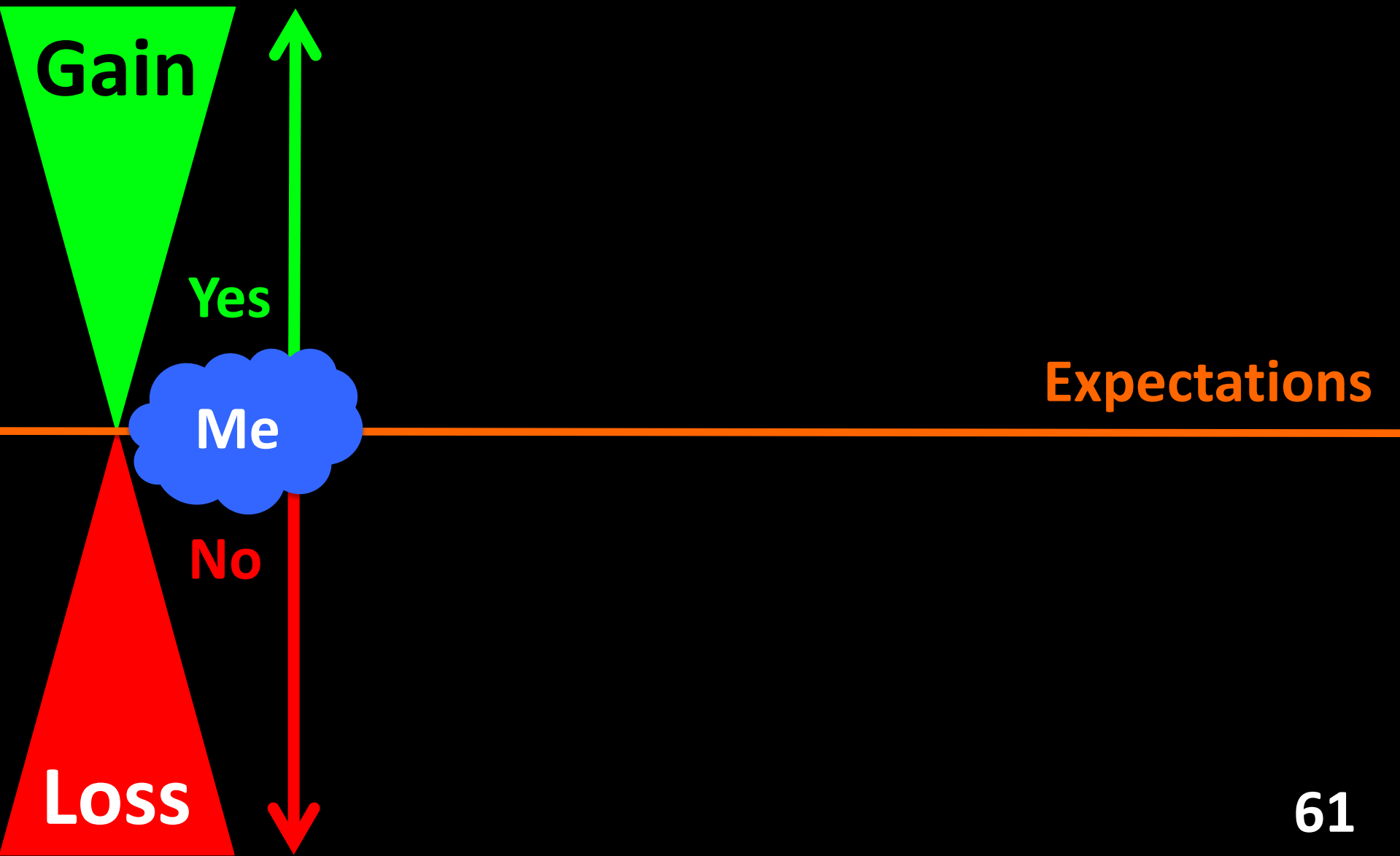
The Heart (Decisions)

Divine Love

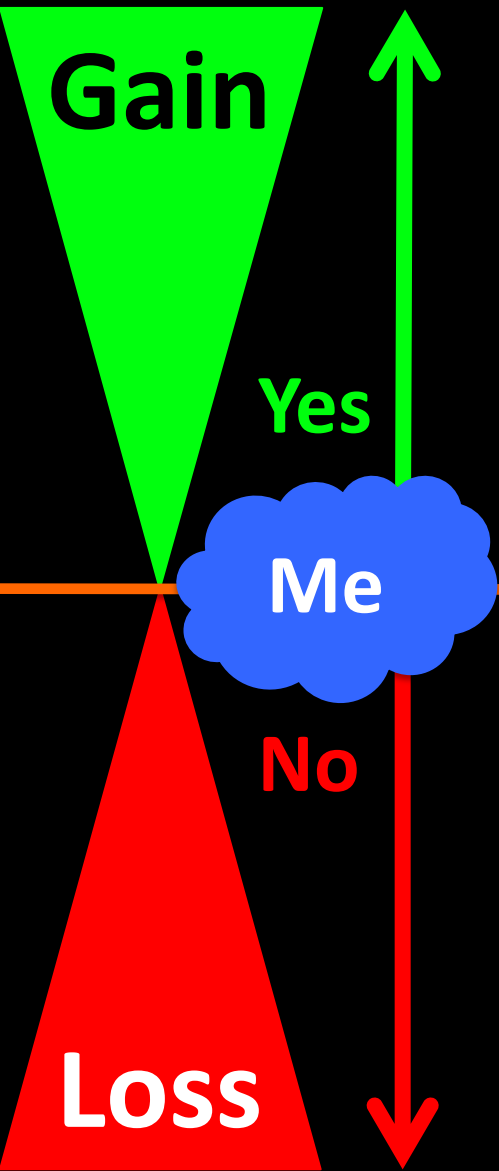


The Heart (Decisions)

Divine Love Take to Give



The Heart (Decisions)

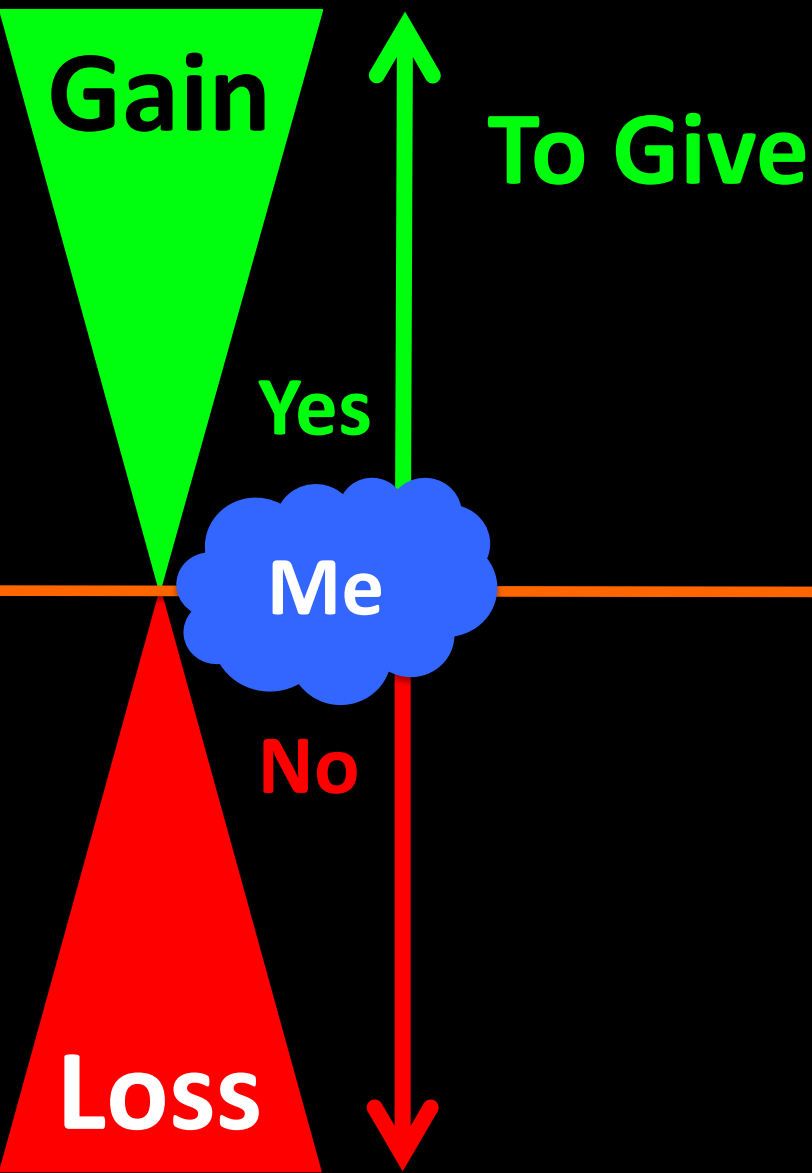


Divine Love
Take to Give ➡ Gift

Expectations

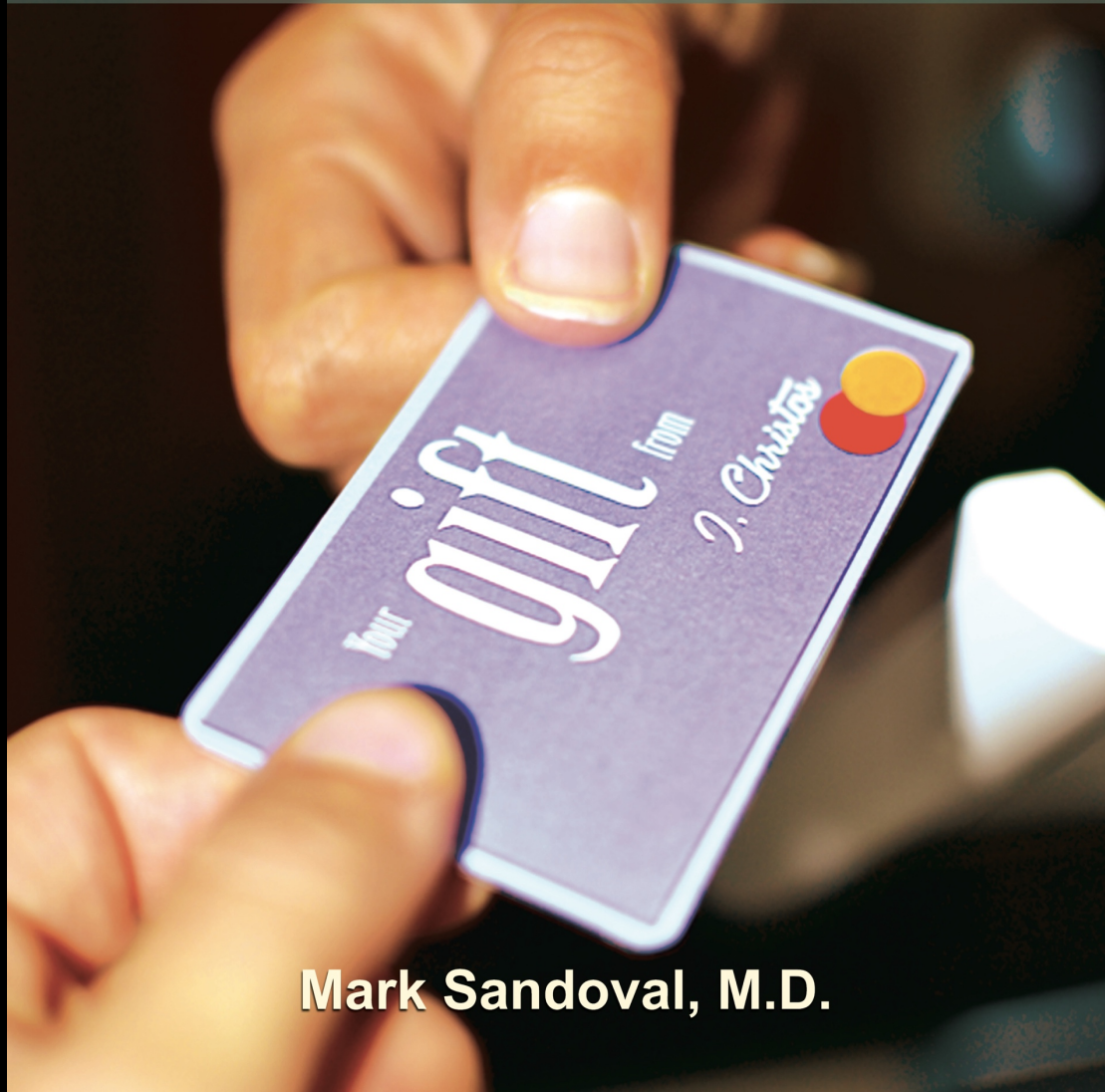
The Heart (Decisions)

Divine Love
Take to Give ➡ Gift



Expectations

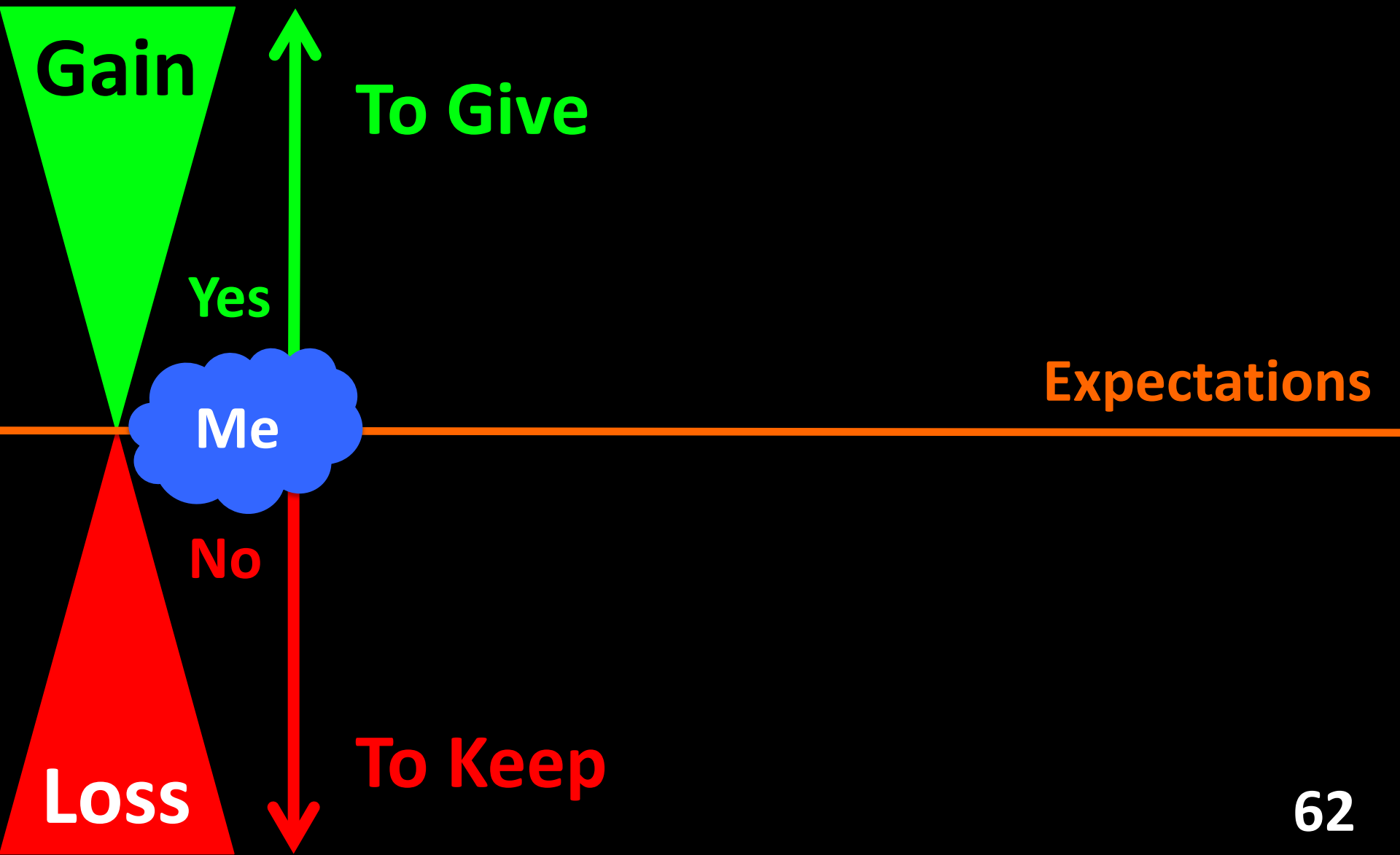
THE
GREAT OPPORTUNITY
DEPARTMENT STORE



Mark Sandoval, M.D.

The Heart (Decisions)

Divine Love
Take to Give ➡ Gift



“He who loves his life will lose it, and he who hates his life in this world will keep it for eternal life.”

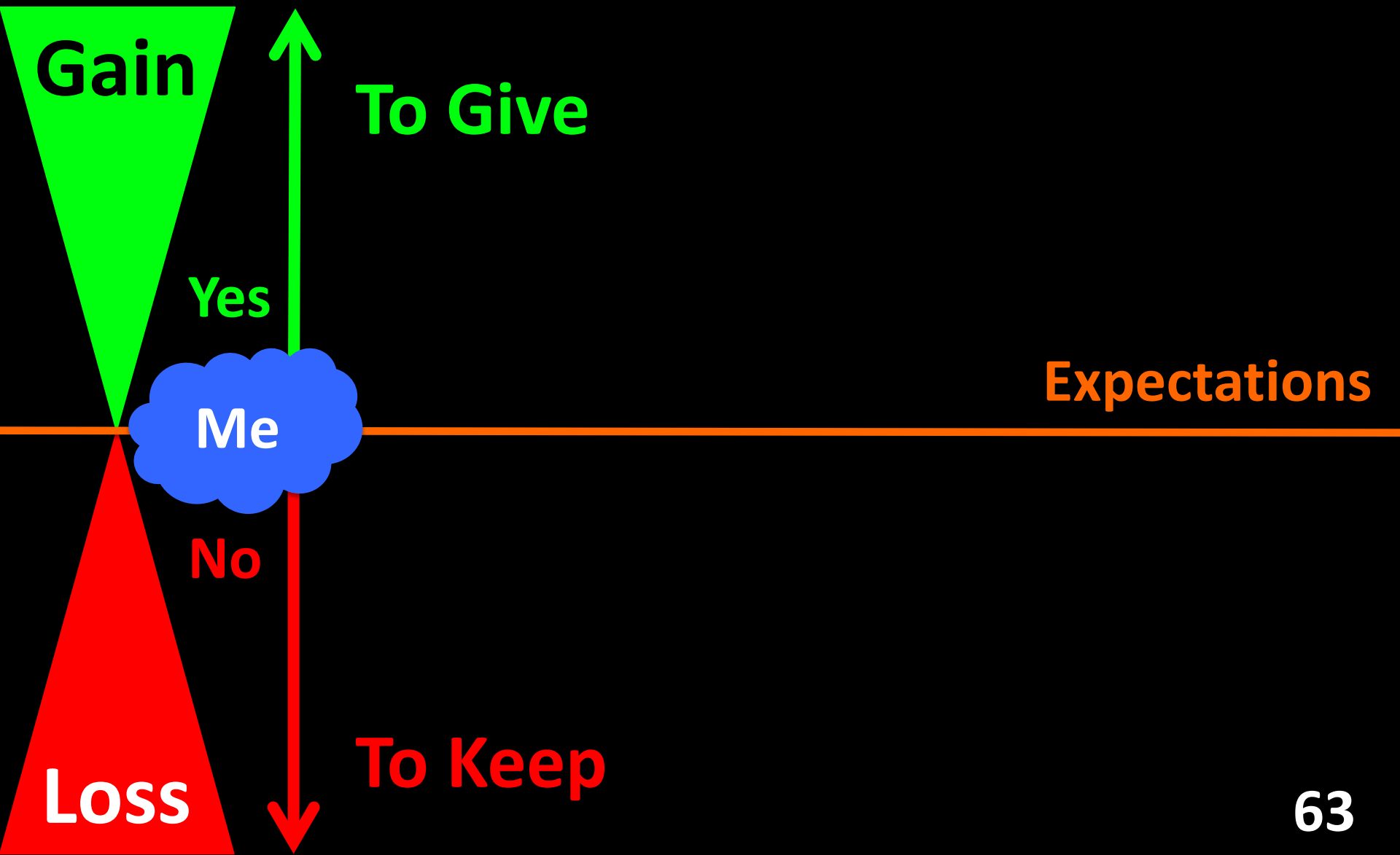
- John 12:25

“He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust.”

- *Matthew 5:45*

The Heart (Decisions)

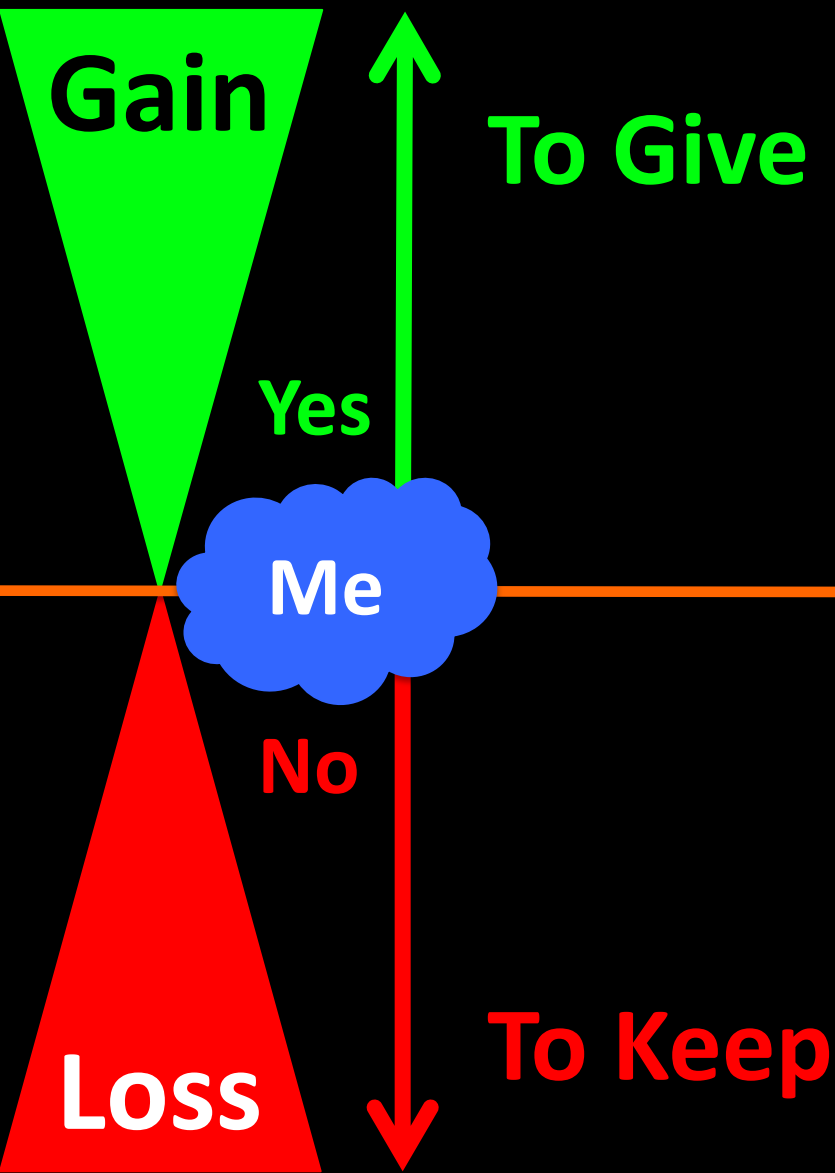
Divine Love
Take to Give ➡ Gift



“But if you do not forgive men their trespasses,
neither will your Father forgive your trespasses.”

- Matthew 6:15

The Heart (Decisions)

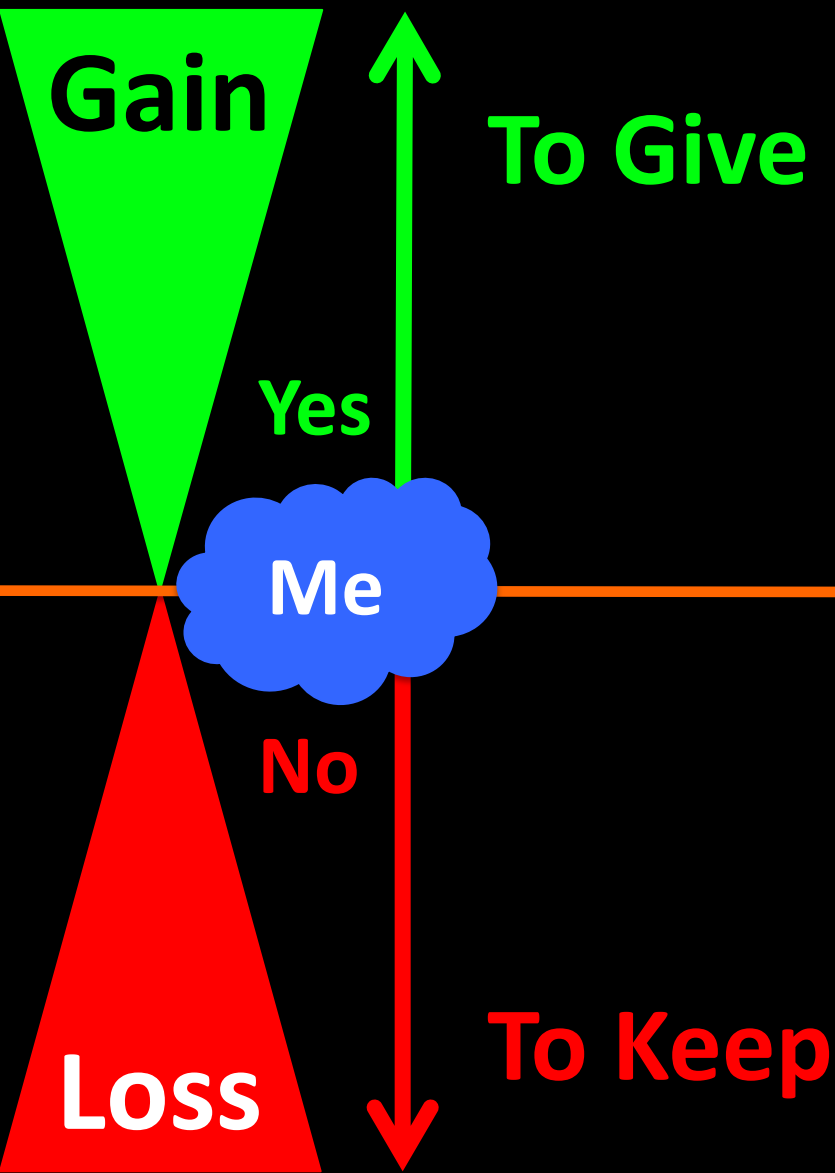


Divine Love
Take to Give ➡ Gift

It's Not Mine!

Expectations

The Heart (Decisions)



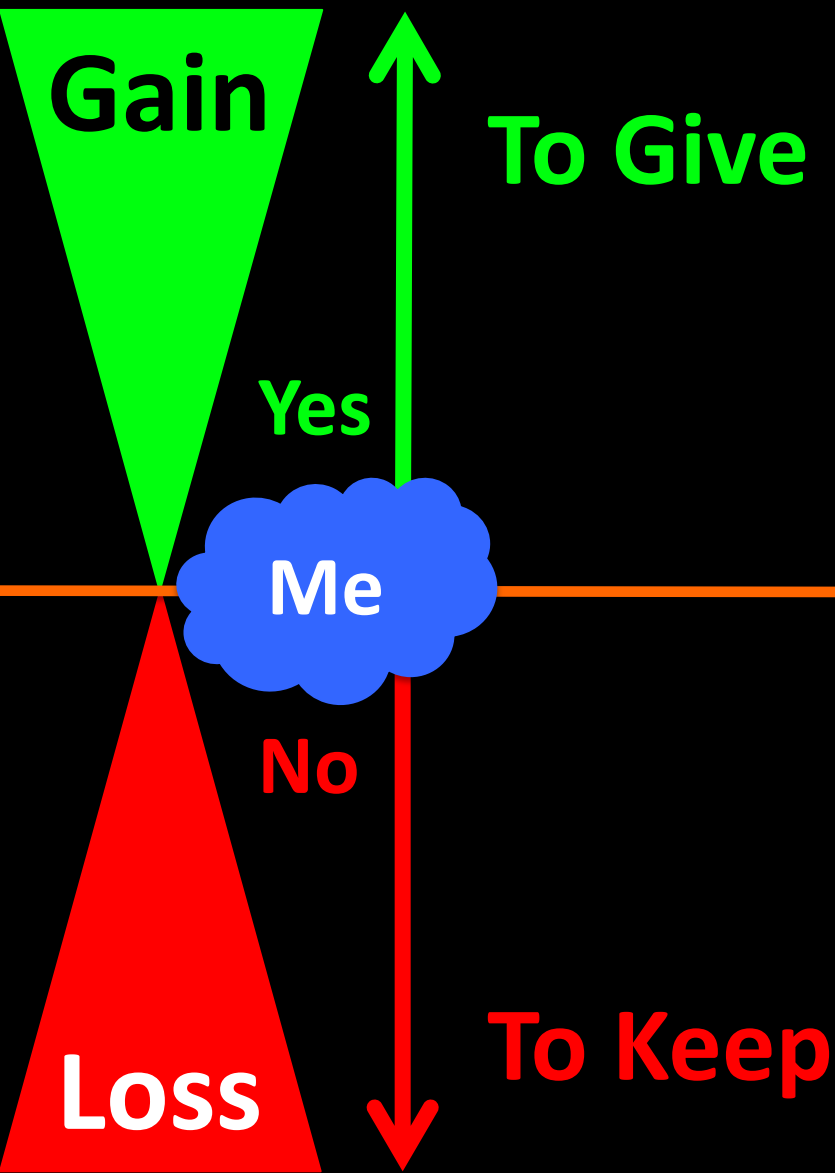
Divine Love

Take to Give ➡ Gift

It's Not Mine!
I Don't have (possess)

Expectations

The Heart (Decisions)



Divine Love

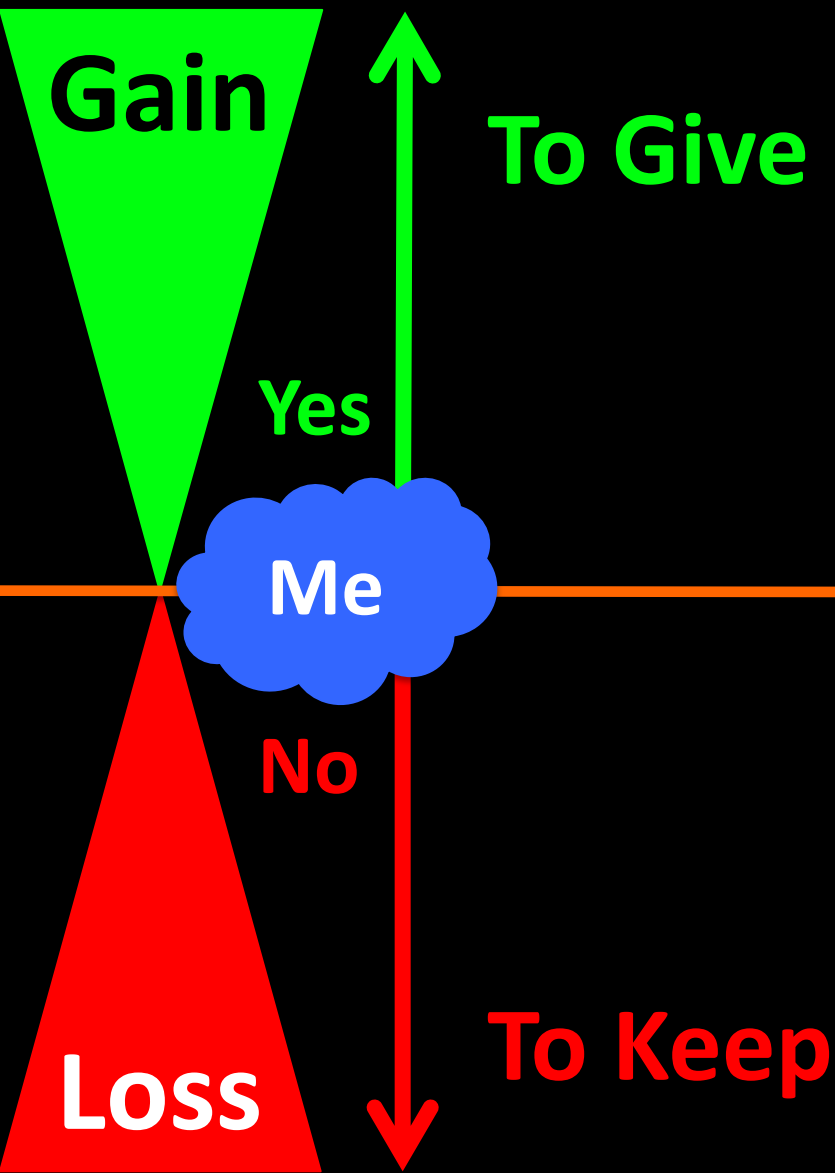
Take to Give ➡ Gift

It's Not Mine!

I Don't have (possess)
I can't (produce)

Expectations

The Heart (Decisions)



Divine Love

Take to Give ➡ Gift

It's Not Mine!

I Don't have (possess)

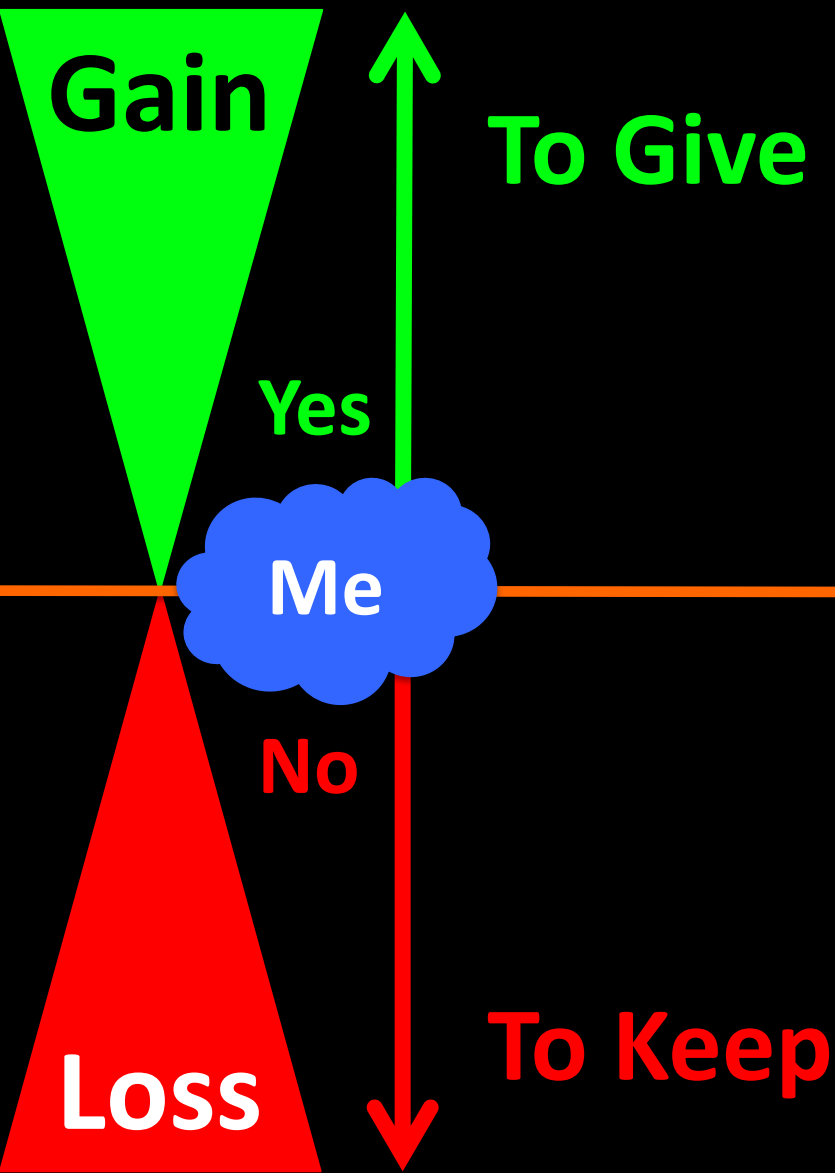
I can't (produce)

I am not (my own)

Expectations



The Heart (Decisions)



Divine Love

Take to Give ➡ Gift

It's Not Mine!

I Don't have (possess)

I can't (produce)

I am not (my own)

Expectations

Did Jesus Possess?

“Foxes have holes and birds of the air have nests, but the Son of Man has nowhere to lay His head.”

Matthew 8:20

Did Jesus Produce?

“I can of Myself do nothing.”

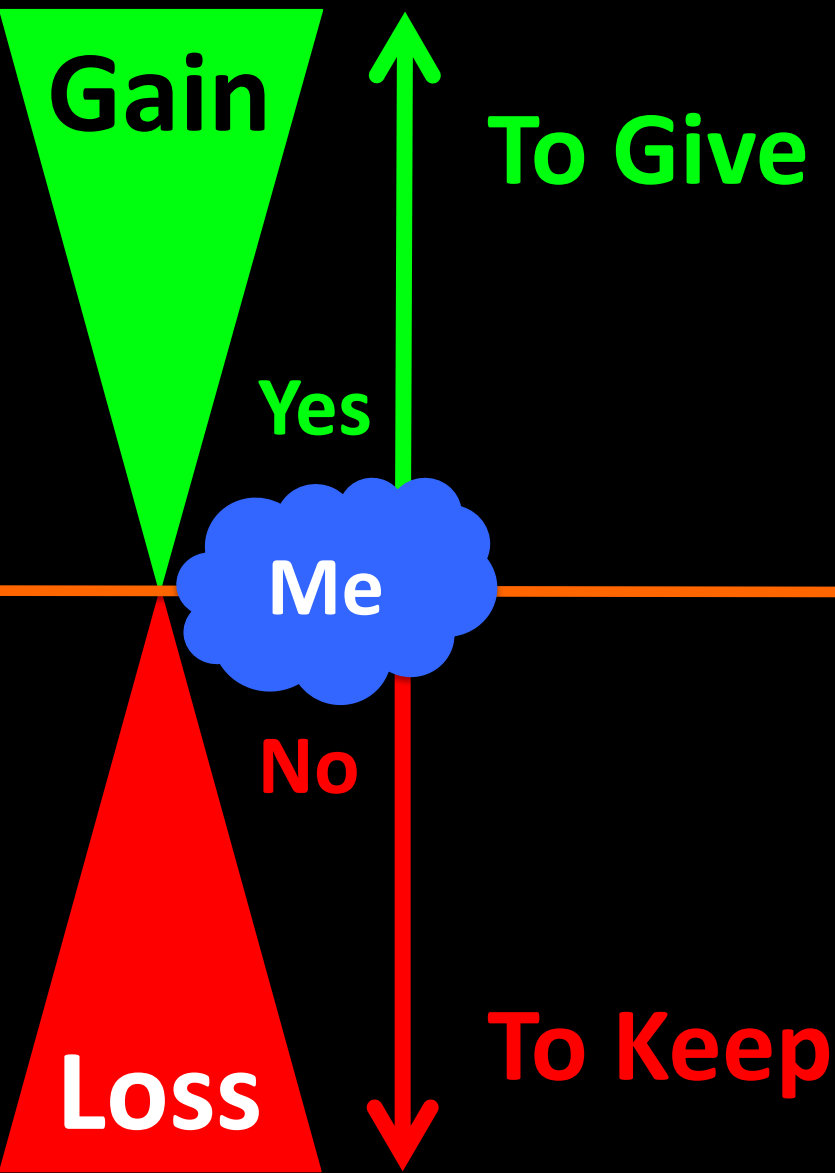
John 5:30

Did Jesus think that He was His own?

“Most assuredly, I say to you, the Son can do nothing of Himself, but what He sees the father do; for whatever He does, the Son does in like manner.”

- John 5:19

The Heart (Decisions)



Divine Love

Take to Give ➡ Gift

It's Not Mine!

I Don't have (possess)

I can't (produce)

I am not (my own)

Expectations

“Jesus did not contend for His rights. Often His work was made unnecessarily severe because He was willing and uncomplaining. Yet He did not fail nor become discouraged. He lived above these difficulties, as if in the light of God’s countenance. He did not retaliate when roughly used, but bore insult patiently.”

“In the heart of Christ, where reigned perfect harmony with God, there was perfect peace. He was never elated by applause, nor dejected by censure or disappointment. Amid the greatest opposition and the most cruel treatment, He was still of good courage.”

“The Saviour’s life on earth, though lived in the midst of conflict, was a life of peace. While angry enemies were constantly pursuing Him, He said, ‘He that sent Me is with Me: the Father hath not left Me alone; for I do always those things that please Him.’” John 8:29. No storm of human or satanic wrath could disturb the calm of that perfect communion with God.”

“He was now in the shadow of the cross, and the pain was torturing His heart. He knew that He would be deserted in the hour of His betrayal. He knew that by the most humiliating process to which criminals were subjected He would be put to death. He knew the ingratitude and cruelty of those He had come to save. He knew how great the sacrifice that He must make, and for how many it would be in vain. Knowing all that was before Him, He might naturally have been overwhelmed with the thought of His own humiliation and suffering.

But He looked upon the twelve, who had been with Him as His own, and who, after His shame and sorrow and painful usage were over, would be left to struggle in the world. His thoughts of what He Himself must suffer were ever connected with His disciples. He did not think of Himself. His care for them was uppermost in His mind.”

“Christ never murmured, never uttered discontent, displeasure, or resentment. He was never disheartened, discouraged, ruffled, or fretted. He was patient, calm, and self-possessed under the most exciting and trying circumstances. All His works were performed with a quiet dignity and ease, whatever commotion was around Him. Applause did not elate Him. He feared not the threats of His enemies. He moved amid the world of excitement, of violence and crime, as the sun moves above the clouds.

Human passions and commotions and trials were beneath Him. He sailed like the sun above them all. Yet He was not indifferent to the woes of men. His heart was ever touched with the sufferings and necessities of His brethren, as though He Himself was the one afflicted. He had a calm inward joy, a peace which was serene. His will was ever swallowed up in the will of His Father. Not My will but Thine be done, was heard from His pale and quivering lips.”

“One of his officers, filled with wrath as he saw Annas silenced, struck Jesus on the face, saying, ‘Answerest Thou the high priest so?’

Christ calmly replied, ‘If I have spoken evil, bear witness of the evil: but if well, why smitest thou Me?’ He spoke no burning words of retaliation. His calm answer came from a heart sinless, patient, and gentle, that would not be provoked.”

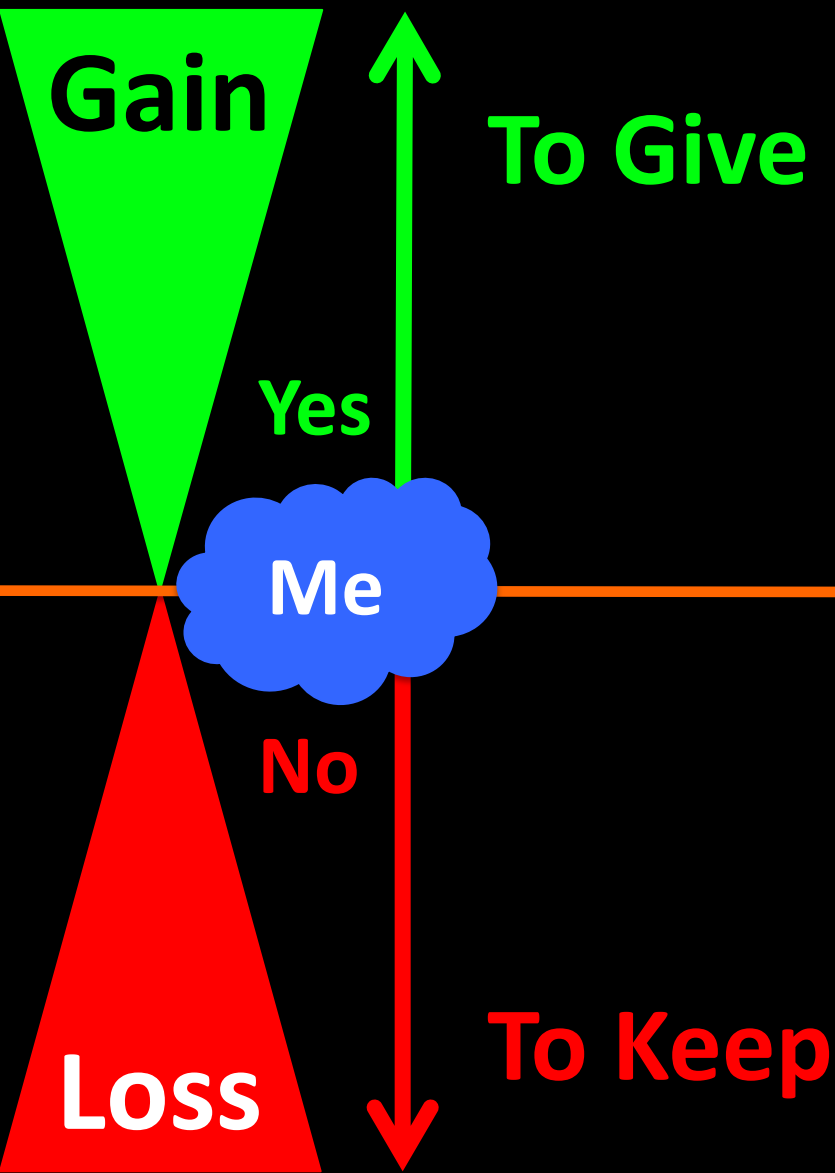
“While the degrading oaths were fresh upon Peter’s lips, and the shrill crowing of the cock was still ringing in his ears, the Saviour turned from the frowning judges, and looked full upon His poor disciple. At the same time Peter’s eyes were drawn to his Master. In that gentle countenance he read deep pity and sorrow, but there was no anger there. The sight of that pale, suffering face, those quivering lips, that look of compassion and forgiveness, pierced his heart like an arrow.”

“While the soldiers were doing their fearful work, Jesus prayed for His enemies, “Father, forgive them; for they know not what they do.” His mind passed from His own suffering to the sin of His persecutors, and the terrible retribution that would be theirs. No curses were called down upon the soldiers who were handling Him so roughly. No vengeance was invoked upon the priests and rulers, who were gloating over the accomplishment of their purpose. Christ pitied them in their ignorance and guilt. He breathed only a plea for their forgiveness,--‘for they know not what they do.’”

“With amazement the angels beheld the infinite love of Jesus, who, suffering the most intense agony of mind and body, thought only of others, and encouraged the penitent soul to believe.”

“Though calumny and persecution were heaped upon Him from the cradle to the grave, they called forth from Him only the expression of forgiving love.”

The Heart (Decisions)



Divine Love

Take to Give ➡ Gift

└➡ I am a creature

It's Not Mine!

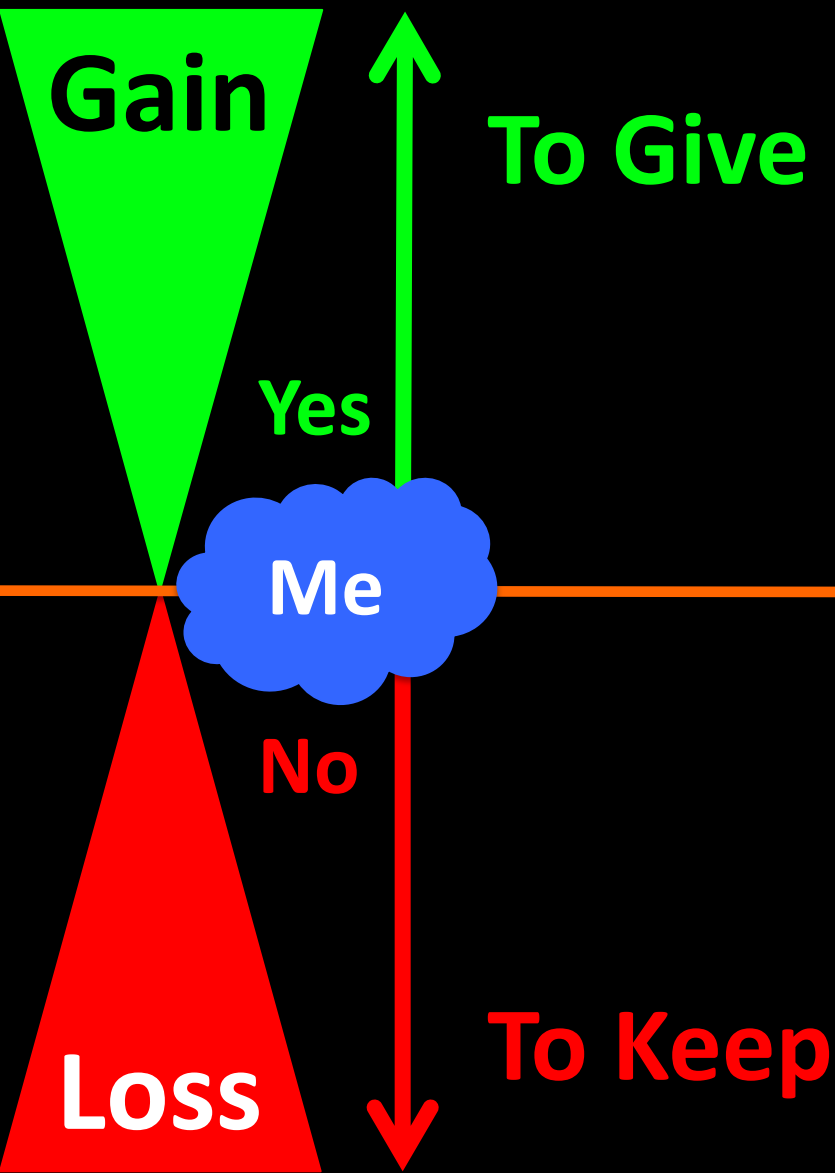
I Don't have (possess)

I can't (produce)

I am not (my own)

Expectations

The Heart (Decisions)



Divine Love

Take to Give ➡ Gift

└➡ I am a creature

It's Not Mine!

I Don't have (possess)

I can't (produce)

I am not (my own)

Expectations

**I am
FREE!**

Human Love

The Heart

Divine Love

Give to Receive → **Investment** (Decisions)

Take to Give → **Gift**

└→ **I am God**

└→ **I am a creature**

It's Mine!

It's Not Mine!

I have (possess) - Selfishness

I Don't have (possess)

I can (produce) - Pride

I can't (produce)

I am (my own) - Pride

I am not (my own)

Expectations

To Receive (Enough)

Expectations

**Slave to
Others**

To Receive (Less)

To Not Receive

To Lose Treasure

Loss

To Keep

**I am
FREE!**

Gain

To Give

Yes

No

Me

HEALING FROM DISEASE, DEPRESSION,
AND DAMAGED RELATIONSHIPS

THE LAW OF *Life*

Michelle came to me with an abdominal cancer that had spread and was resisting all conventional attempts to control it. She also came with emotional baggage from relationship traumas. As I shared with her the principles contained in *The Law of Life*, and as she applied those principles in her life, her cancer reversed. She gained the joy and hope that she had lost, and she had a greater appreciation of her purpose in life. Michelle's story is not an isolated case. I see my patients' relationships restoring, spiritual lives blossoming, and mental health improving when these principles are applied. And you can too. Read and re-read *The Law of Life* until you understand and apply it to your life. You won't regret it!



MARK SANDOVAL after graduating from the Loma Linda University School of Medicine specialized in emergency medicine, practicing nationally and internationally. He transitioned to a lifestyle medicine practice at Uchee Pines Institute in 2012 and later became one of the first 200 physicians in the world to become board certified in lifestyle medicine. He is a proud father and happy husband, as well as an educator, entrepreneur, consultant, administrator, international speaker, and now author.



Uchee Pines Institute
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1-877-824-3374



THE LAW OF LIFE

Mark Sandoval, M.D.



THE LAW OF *Life*



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